

Chimichurri Steak Wraps

Total Recipe Time: 15 to 20 minutes

12 ounces grilled beef steak, cut into slices
3 cups fresh baby spinach
1/2 large red bell pepper, cut into thin strips
4 medium whole wheat tortillas (8 to 10-inch diameter)

Chimichurri Sauce:

1 cup fresh parsley leaves
2 cloves garlic
3 tablespoons olive oil
1 tablespoon red wine vinegar
1/4 teaspoon salt

1. Place parsley and garlic in food processor or blender container. Cover; process until finely chopped. Add oil, vinegar and salt; process just until blended.
2. Spread each tortilla evenly with Chimichurri Sauce, leaving 1/4-inch border around edge. Top with equal amounts spinach, bell pepper slices and beef slices on top two-thirds of tortilla. Fold bottom of tortilla up over filling. Fold right and left sides to center overlapping edges; secure with wooden picks; if desired.

Makes 4 servings

Nutrition information per serving, using top sirloin steak: 340 calories; 16 g fat (3 g saturated fat; 9 g monounsaturated fat); 49 mg cholesterol; 410 mg sodium; 25 g carbohydrate; 3.7 g fiber; 30 g protein; 8.7 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 4.1 mg iron; 30.7 mcg selenium; 5.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.

