



Mediterranean Garden Dinner with Beef Strips and Penne Pasta



Ingredients:

1 ¼ lb. **Top Loin Strip Steak** (KC Strip)

1/3 cup + ¼ cup **lite Caesar salad dressing** (non-creamy vinaigrette style, such as Ken's Lite Caesar Dressing)

4 cloves **garlic**, finely minced

½ cup **red onion** diced

2 T. fresh **lemon juice**

Olive oil flavored **cooking spray**

1 medium **red pepper**, cut into strips about 1-1 ½" long (about 1 cup)

1 medium **orange pepper**, cut into strips about 1-1 ½" long (about 1 cup)

2 cups **zucchini** strips, about 1 ½" long (use unpeeled small-sized zucchinis)

2 cups prepared **whole grain Penne Pasta** (cooked "al dente", firm but not hard)

Optional Accompaniments and Garnish:

4-6 **whole grain pita** (or flat bread), warmed or cut into wedges and toasted

2-3 oz. crumbled **Feta cheese**

Diced seeded **tomatoes**

Directions:

Slice the top loin steak very thinly. (An easy way to achieve very thin slices is to place the steak in the freezer for about 1 hour or until beef is starting to freeze, but not frozen solid. Remove from freezer and slice.) Place the steak in a plastic zip-lock bag with the Caesar salad dressing, garlic, and onion. Marinate for about 30 minutes-1 hour.

Spray a 12 inch non-stick skillet with cooking spray. Heat pan to medium high. Add the steak and stir fry until the meat is no longer pink and starting to brown on the edges. About 8-10 minutes. Drizzle lemon juice over beef. Remove beef from pan, set aside. Add the pepper, zucchini, and pasta to the skillet. Stir in the additional salad dressing. Continue cooking until the vegetables and pasta are warmed through. Combine the meat and vegetables.

To serve: You may top with Feta cheese and diced tomatoes. Serve with toasted pita (or flat bread) wedges. (Pita wedges can be toasted in 400 degree oven for 4-6 minutes.)

For the Family-on-the-Go: Make into a Greek-style sandwich. Wrap a portion of the prepared garden dinner in a warmed whole grain pita or flat bread. Top with a spoonful of feta cheese and tomatoes. Wrap in aluminum foil for a "Make and Take" meal.

Serves 4-6

Entered and demonstrated at the What's For Dinner Beef Cookoff at the Kansas State Fair by:

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