

Steak & Sugar Snap Pea Pasta Salad

Total Recipe Time: 15 to 20 minutes

12 ounces grilled beef steak, cut into slices
1 cup uncooked gemelli or corkscrew pasta
2 cups fresh sugar snap peas
1 cup grape or teardrop tomatoes, cut in half
Salt and pepper

Dressing:

2 teaspoons fresh grated lemon peel
1/4 cup fresh lemon juice
2 tablespoons olive oil
2 tablespoons chopped fresh parsley
2 cloves garlic, minced

1. Cook pasta according to package directions. During last 2 minutes of cooking time, add sugar snap peas; drain.
2. Whisk Dressing ingredients in small bowl until well blended; set aside.
3. Combine pasta mixture, tomatoes and steak slices in large bowl. Drizzle pasta mixture with dressing; toss to coat evenly. Season with salt and pepper, as desired.

Makes 4 servings

Nutrition information per serving, using top sirloin steak: 341 calories; 12 g fat (3 g saturated fat; 7 g monounsaturated fat); 49 mg cholesterol; 61 mg sodium; 26 g carbohydrate; 2.5 g fiber; 31 g protein; 9.5 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.4 mg iron; 30.9 mcg selenium; 5.4 mg zinc.

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

Recipe adapted from and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons

