



Steak & Veggie Rolls

Prep: 15 minutes plus marinating

Cook: 5 minutes • Serves: 4

- ½ cup less sodium teriyaki marinade
- 3 tablespoons avocado oil
- 1 tablespoon chopped fresh cilantro
- 1½ pounds flank steak
- 4 asparagus spears, trimmed and cut crosswise into 3-inch pieces
- 3 green onions, trimmed and cut crosswise into 3-inch pieces
- ½ medium red bell pepper, thinly sliced
- ½ cup matchstick-cut carrots
- 2 teaspoons sesame seeds

1. In large zip-top plastic bag, combine marinade, 2 tablespoons oil and cilantro. On cutting board, place steak between 2 pieces of plastic wrap; with flat end of meat mallet, pound steak to flatten to ¼-inch thick. Remove plastic wrap; cut steak into 12 pieces (about 3 x 5 inches each). Transfer steak to plastic bag; seal bag, pressing out excess air, and refrigerate 1 hour.

2. Remove steak from marinade; reserve marinade. On cutting board, lay steak pieces flat with short ends towards you; place asparagus, onions, pepper and carrots horizontally over center of steak pieces. Starting from short end, tightly roll steak around vegetables to enclose; secure with toothpicks.

3. In large skillet, heat remaining 1 tablespoon oil over medium-high heat; add steak rolls and cook 4 minutes, turning ¼ turn every minute. Add reserved marinade; cook 1 minute, turning rolls to coat. Remove rolls from skillet; carefully remove toothpicks. Sprinkle rolls with sesame seeds; serve with marinade in skillet.

Approximate nutritional values per serving:

387 Calories, 24g Fat (7g Saturated), 72mg Cholesterol, 730mg Sodium, 10g Carbohydrates, 1g Fiber, 8g Sugars, 6g Added Sugars, 31g Protein

Dietitian's Dish

> Pressed from avocados, avocado oil contains beneficial fats and antioxidants. Despite benefits similar to extra virgin olive oil, avocado oil has a much higher smoke point and can be safely used for cooking at higher temperatures.