

ASIAN BEEF SANDWICHES WITH SLAW

Total preparation & cooking time: 30 minutes



- 2 well-trimmed boneless beef top loin (strip) steaks, cut 3/4 inch thick (6 to 8 ounces each)
- 3-1/3 tablespoons light Asian sesame dressing, divided
- 2 cups coleslaw mix
- 1/4 cup seasoned rice vinegar
- 1/3 cup light mayonnaise
- 2 teaspoons Asian hot chili sauce
- 4 whole wheat French rolls or baguettes (6 to 7-inch), split lengthwise
- 1/2 cup thinly sliced seedless cucumber or sweet onion
- 1/4 cup chopped fresh cilantro

1. Brush beef steaks with 2 tablespoons dressing; let stand 5 minutes.
2. Meanwhile, combine coleslaw mix and vinegar in small bowl. Toss to coat; refrigerate.
3. Combine mayonnaise and chili sauce in separate bowl; refrigerate.
4. Place steaks on grid over medium, ash-covered coals; grill steaks, uncovered 10 to 12 minutes (over medium heat on preheated gas grill, uncovered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Let steaks rest 5 minutes; carve into thin slices.
5. Spread cut sides of rolls with mayonnaise mixture. Layer bottom of rolls with beef slices; drizzle with remaining 4 teaspoons dressing. Top with coleslaw mixture and cucumber; sprinkle with cilantro. Close sandwiches.

Makes 4 servings.

Nutrition information per serving: 519 calories; 15 g fat (4 g saturated fat; 5 g monounsaturated fat); 72 mg cholesterol; 1158 mg sodium; 66 g carbohydrate; 9 g fiber; 35 g protein; 11.0 mg niacin; 0.8 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 4.3 mg iron; 81.5 mcg selenium; 6.8 mg zinc; 125.4 mg choline.

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



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