

August Recipe of the Month

Beef & Cheddar Sauté*

Serves: 6

Serving size: ¾ cup

1 tsp olive oil
8 ounces fresh button mushrooms, sliced
2 cloves garlic, minced
1 pound lean ground beef, cooked, drained, and set aside
½ cup beef broth
10 ounces fresh spinach, stems removed and chopped
Pepper to taste
¼ cup shredded sharp cheddar cheese



Directions:

1. In a large sauté pan heat oil over medium heat.
2. When the oil is hot, add mushrooms and garlic. Sauté until mushrooms are soft, about 5 minutes.
3. Add cooked ground beef, beef broth, spinach and pepper; bring to a simmer.
4. Add cheese. Toss and serve.

**This recipe is suitable for the soft diet stage after surgery.*

Per serving: 180 calories, 19g protein, 10g fat (4g saturated), 55mg cholesterol, 3g carbohydrate, 1g fiber, 1g sugar, 190 mg sodium

% Daily Value: Vitamin A 90%, Vitamin C 25%, Calcium 10%, Iron 20%

Recipe from Chef Dave Fouts and Vicki Bovee, MS, RDN, LD "Recipes for Weight Loss Surgery Success: Starting Your Journey Step-By-Step"