

# Low In *Fat*, Rich In *Protein* RECIPES

## Grilled Flank Steak with Red Pepper Pesto

### For the steak:

2 tablespoons olive oil  
2 teaspoons balsamic vinegar  
1 clove garlic, crushed  
salt, to taste  
freshly ground black pepper  
1 1/3 pounds flank steak

### For the red pepper pesto:

1 tablespoon olive oil  
1 large red pepper, seeded and finely chopped  
1 shallot, minced  
1 clove garlic, crushed  
1/8 teaspoon salt  
freshly ground black pepper  
1 cup roasted red peppers, chopped  
1 tablespoon balsamic vinegar  
20 basil leaves, chopped  
1/4 cup toasted pine nuts, chopped

**Makes 4 servings**

**Each serving provides:**

**Calories: 372**  
**Total fat: 13g**  
**Saturated fat: 5g**  
**Carbohydrate: 1g**  
**Protein: 51g**

1. Mix the oil, vinegar, garlic, salt and pepper together, and brush the mixture on the flank steak. Cover and refrigerate for 1 hour or overnight.
2. Meanwhile, heat the olive oil in a medium skillet over medium heat. Add the raw red pepper, shallot and garlic and season with salt and pepper. Cook until the peppers soften, about 5 minutes. Add the roasted red peppers and vinegar and cook for 5 minutes more.
4. Remove from heat, cool and stir in the basil and pine nuts. (This can be stored in the refrigerator for up to 1 week. It should be served at room temperature.)
5. Preheat the grill to high heat. Grill the flank steak for 4 to 8 minutes on each side, depending on the desired doneness. Let the steak rest on a carving plate for 1 or 2 minutes before slicing.

## Shrimp and Asparagus Stir-Fry

1 1/2 teaspoons peanut oil  
1/2 teaspoon chopped garlic  
1/2 teaspoon chopped ginger  
1/2 pound asparagus, trimmed and cut into 1 1/2" lengths  
1/2 cup thinly sliced shiitake mushrooms  
1/2 pound shrimp, peeled and deveined  
freshly ground black pepper  
2 tablespoons light soy sauce

**Makes 2 servings**

**Each serving provides:**

**Calories: 190**  
**Total fat: 6g**  
**Saturated fat: 1g**  
**Carbohydrate: 9g**  
**Protein: 27g**

1. Heat the peanut oil in a skillet or wok (large enough to accommodate all the ingredients) over medium-high heat. Add the garlic and ginger and stir quickly for 30 seconds.
2. Increase the heat to high. Add the asparagus, then the mushrooms, then the shrimp, stirring quickly after each addition. Season with pepper.
3. Add the soy sauce and cook until the shrimp are fully cooked and opaque, about 2 minutes. Serve with steamed rice or noodles.

## Farro-Kale Risotto

1 medium onion, chopped  
3 cloves garlic, chopped  
2 tablespoons olive oil  
2 tablespoons corn oil margarine  
8 ounces farro  
1/2 cup white wine  
5 cups beef stock, heated  
3/4 pound kale, trimmed and chopped  
1 bay leaf  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 pound manchego cheese, shaved (optional)

**Makes 6 servings**

**Each serving provides:**

**Calories: 216**  
**Total fat: 9g**  
**Saturated fat: 2g**  
**Carbohydrate: 29g**  
**Protein: 9g**

1. Sauté the onions and garlic in olive oil until softened. Add the butter and farro, and stir until well-coated. Then add the wine and bay leaf, and reduce the liquid by half, stirring.
2. Add 1 cup on the hot beef stock and stir. With the heat on low, stir occasionally and add beef stock by the cupful, as needed, as the farro absorbs the liquid. Continue until the farro is tender and approximately all 5 cups are used. This will take approximately one hour.
3. Ten minutes before serving, stir in the chopped kale and leave on very low heat for about 10 minutes. The "risotto" is then ready to serve. If desired, top with shaved manchego cheese.

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