

Idaho Beef



Idaho Beef Facts

- If Idahoans had to eat all the beef produced in our state, every man, woman, and child would have to eat an eight ounce steak or two quarter pound hamburgers every day of the year.
- At over 2.1 million head, cattle outnumber people in Idaho!
- Idaho ranks in the top 15 nationally for the total number of cattle produced.

Nutrition Facts

- Beef is high in protein, which helps build muscle.
- Beef also provides zinc, which is needed for wound healing and physical and mental development.
- A 3-ounce serving of beef has as much iron as 2 $\frac{3}{4}$ cups of spinach.
- Beef contains a significant amount of several B vitamins, including B12 and B6, niacin, and riboflavin.
- There are 29 lean cuts of beef.

Did You Know?

- Idaho beef is part of a healthy, balanced diet.
- Healthy protein, like lean cuts of Idaho beef, should be an important part of every meal.
- When you fill your plate, try for a balance of fruits and vegetables, whole grains, protein, and dairy. Look at the My Idaho Plate example for ideas.



Steaked-Out Pita Pizzas

Ingredients:

- 1 pound beef shoulder center steaks (Ranch) or boneless top sirloin steak, cut $\frac{3}{4}$ inch thick
- $\frac{2}{3}$ cup reduced-fat, non-creamy Caesar dressing, divided
- 4 whole wheat pita breads
- $\frac{3}{4}$ cup shredded reduced-fat Italian cheese blend, divided
- 6 cups loosely packed chopped romaine lettuce (about 6 ounces)
- 1 cup diced seeded tomatoes
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Directions:

1. Heat oven to 350°. Cut beef steak lengthwise in half, then crosswise into $\frac{1}{8}$ -inch thick strips. Combine beef and $\frac{1}{3}$ cup dressing in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes.
2. Place pita breads slightly overlapping on metal baking sheet. Sprinkle 2 tablespoons cheese on each pita. Bake in 350° oven 10 to 12 minutes or until pitas are toasted and cheese is melted.
3. Meanwhile, remove beef from marinade, draining well; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add $\frac{1}{2}$ of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Toss lettuce, tomatoes, and remaining $\frac{1}{2}$ cup cheese in large bowl. Add beef and remaining $\frac{1}{3}$ cup dressing; toss to coat evenly. Season with salt and pepper. Divide beef mixture evenly over pitas. Serve immediately.

Nutrition: Makes 4 servings