



MARINATED GRILLED FILETS

A LA DANIELLE

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Attention all you steak and potato lovers out there.....**This one is for you!**

Too many times I see people avoiding healthy foods because they may have listened to an opinion and not have gathered all the facts. The concerns about fat, saturated fat and cholesterol have "steered", **no pun intended**, health-conscious people away from beef. Not all beef is unfit for the fit. Let's not forget that beef is also an excellent source of many essential vitamins and nutrients, such as: iron, zinc, and vitamin B12. These nutrients can be very difficult to obtain elsewhere, especially if you are on a vegetarian diet.

Today, even after the health revolution, you can still enjoy a delicious mouth-watering steak dinner and not feel like you are abandoning your diet.

Simply follow these three easy guidelines:

1. Look for meat labeled "choice" or "select", preferably "select", which is 20% to 35% leaner than "prime". "Prime" indicates a generous amount of marbling of fat throughout. Two of the leanest and most tender cuts of beef come from the loin, top loin and tenderloin. "Select Filets" are from the tenderloin. Become educated on choosing red meat wisely by asking a butcher to explain the different cuts of meat.

2. Eat only small portions, 3 1/2 oz. to 4 oz. cooked. Know that you do not need to eat a side of beef to gain its nutritional benefits. Each 3 1/2 ounce cut, trimmed and cooked will furnish about 200 calories, only 7 to 9 grams of fat and is also

your daily dose for iron, zinc and vitamin B12. Serve it as a side dish with your meal rather than a main course or try complementing your vegetables, stir-fry's, salads, or grains with small portions of meat.

3. Trim all visible fat before cooking. Better yet, if your store has a butcher request the fat to be trimmed for you. Trimming the fat has no effect on the vitamin and mineral quality of the meat. Whether

the meat is lean or fatty, the levels of nutrients are approximately the same. However, beef's fat content is widely variable and only the leanest pieces are as low in fat as broiled fish or skinless chicken. So, choose your beef carefully and be sure to pay attention to those freshness dates.

Now, beef can have a guilt-free place in your low-fat diet. Here is an excellent marinade to try with it.



The good news is that there is no need to limit your self to broiled fish, skinless chicken and steamed vegetables these days.

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INGREDIENTS:

For each pound of steak combine:

- ¼ cup chopped green onions
- 2 cloves garlic, minced
- 2 T. low-sodium soy sauce
- 1 T. freshly chopped basil or thyme
- 1 T. red wine
- 1 T. water
- 1 tsp. olive oil

*For an oriental flavor mince a 1-inch piece of garlic to marinate.



DIRECTIONS:

1. Combine all ingredients in a small bowl and mix well. Place filets in a large plastic bag then pour marinade over top and seal tightly. Allow filets to marinate for two to six hours, turning it occasionally to cover both sides. (You can marinate them overnight but no more than 10 to 12 hours or they will become mushy.)
2. Grill to desired perfection then top with sautéed mushrooms, onions and the remaining cooked marinade.

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SIMPLE BEEF MARINADE

A marinade containing acidic ingredients, such as wine or vinegar, can add flavor and help tenderize beef. The above is a delicious, yet simple, marinade that will also make an excellent sauce for your meal. However, if you use the marinade as a sauce, cook it at a rolling boil for several minutes before serving. (Uncooked marinade becomes contaminated and therefore is not safe to consume.)

LOW-FAT STEAK FRIES

INGREDIENTS:

- 2-4 large potatoes, washed and cut into quartered wedges
- 1 tsp. Extra-virgin olive oil
- ½ tsp. Garlic salt
- ½ tsp. Pepper
- Paprika
- Nonstick baking spray

DIRECTIONS:

1. **Preheat** oven to 425. Toss potato wedges into a plastic bag with olive oil, garlic salt and pepper then shake until thoroughly coated.
2. **Prepare** a baking sheet with nonstick spray and arrange potato wedges evenly then sprinkle with paprika. Bake for 15 to 20 minutes, "flick" potatoes over and continue baking an additional 15 to 20 minutes or until desired doneness.



Beef may have less fat than you expected, but beyond that it's loaded. Calorie for calorie, beef has more nutrients than many other foods. And, you don't need to eat a lot to do yourself a lot of good!

ZINC

Zinc is essential for cognitive development, immune function, hormone activity and it contributes to a sharper sense of taste and smell. Just think, where would you be without all of these? Zinc is in a variety of foods like broccoli, beans, corn and cheddar cheese, but it's most readily absorbable from beef and meats. Did you know that one 3-ounce serving of beef gives your body 32% of your daily allowance of zinc - while one serving of legumes or nuts gives you only 5.8%? Which would you rather eat, a whole bunch of nuts and beans or one tasty tenderloin?

IRON

Iron is used in red blood cell formation and cognitive development so it too is extremely important to the everyday functioning of your body. A Purdue University study showed that infants who don't get enough iron have delayed cognitive development - a prime reason why pregnant and nursing moms are often given iron supplements. Beef is an excellent food source of iron. It contains heme iron which is the most readily absorbable type of iron. In addition, beef enhances the absorption of non-heme iron from plant sources. This is the perfect reason to eat a baked potato with your steak . . . you'll not only get iron from the steak, but you'll get 50% more from your baked potato too!

PROTEIN

Protein is an essential building block for your body because it strengthens bones and muscles, which in turn aids in the growth process. Protein also helps to keep you healthy by building immune responses. While there are measurable amounts of protein in a variety of sources, beef is recognized as a protein-dense food source. Beef provides eight essential amino acids that your body needs to build those strong bones and as an added bonus it also provides a mechanism to help produce non-essential amino acids that your body needs.

Zinc, Iron and Protein are very important elements in keeping our bodies functioning properly -and beef is an excellent source of all three! Give your body the ZIP it needs to stay healthy and strong.

REFERENCE:

For more information regarding the nutrient properties of beef, visit the National Cattlemen's Beef Association web site at www.beefnutrition.org.