



Steak and Blue Cheese Wrap

4 Servings • 1 Serving = 1 Wrap with 3 Ounces of Steak

INGREDIENTS

- 2 cloves garlic, minced
- 2 sprigs rosemary, finely chopped
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon extra virgin olive oil
- 12 ounces flank steak
- 4 (8") whole wheat flour tortillas
- 3 cups baby spinach leaves, shredded
- 1 cup bottled roasted red bell peppers, drained and cut into thin strips
- ¼ cup blue cheese, crumbled

DIRECTIONS

1. In a small bowl, combine the garlic, rosemary, salt, pepper, and oil. Stir to combine.
2. Lay the flank steak on a flat plate. Blot with a paper towel to remove any excess juices.
3. Rub the garlic and herb mix all over the flank steak and let sit at least half hour.
4. Heat a skillet large enough to hold the steak over medium heat.
5. Remove any excess garlic herb rub from the steak and lay the steak down onto the skillet. Let cook 4 minutes, then flip, and cook another 4 minutes.
6. Remove the steak from the skillet and let rest, covered with aluminum foil, for 10 minutes.
7. Slice the steak against the grain.
8. Place 3 ounces of steak on each tortilla. Split the spinach, bell peppers, and blue cheese among the tortillas.
9. Roll tortillas up and slice in half.

Nutrition Facts

4 servings per container
Serving size 1 wrap with 3 ounces steak

Amount per serving
Calories 330

% Daily Value*

Total Fat 13g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 810mg 35%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 0mcg 0%

Calcium 263mg 20%

Iron 5mg 30%

Potassium 306mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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