



## Beef Sandwiches

- 1 pound boneless beef top sirloin steak, cut 3/4 –inch thick
- 1/4 teaspoons salt
- 1/4 teaspoon pepper
- 8 large oval slices rye or sourdough bread, toasted
- Lettuce leaves

### Relish

- 1 cup shredded carrot
- 1 cup shredded turnip
- 3 tablespoons sliced green onions
- 2 tablespoons prepared fat-free Italian dressing
- ¼ teaspoon dried thyme leaves

1. Heat large nonstick skillet over medium heat until hot. Place beef steak in skillet; cook 10 to 13 minutes for medium rare to medium doneness, turning once. Season with salt and pepper.
2. Meanwhile in medium bowl, combine relish ingredients; mix well.
3. Line 4 slices of toasted bread with lettuce; spoon equal amount of relish over lettuce. Trim fat from steak. Carve steak crosswise into thin slices. Arrange beef over relish; close sandwiches with remaining toasted bread.

Yields 4 servings.

<b>Nutrition Facts</b>
Servings per recipe: 4
<b>Amount Per Serving</b>

<b>Calories</b> 398	Calories
from fat 162	
Value	% Daily
<b>Total Fat</b> 18g	27%
Saturated Fat 7g	34%
<b>Cholesterol</b>	24%
72mg	
<b>Sodium</b>	26%
633mg	
<b>Carbohydrate</b>	11%
32g	
Dietary Fiber 3g	13%
<b>Protein</b>	51%
26g	
Vitamin A: 172%	Vitamin C:
18%	Folacin: 9%
Calcium: 7%	Iron: 24%
16%	Potassium:

**Source:** <http://www.beefitswhatsfor> dinner.com/

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