Grab ‘n’ Go Dinner for Tonight

Steak, Sun-Dried Tomato, and Mozzarella Couscous Salad

Ingredients	Aisle #
4 tsp. Extra Virgin Olive Oil	Aisle 5
4 garlic cloves, minced	Produce
5 cups water	
1.5 cups uncooked couscous (1 box Original Near East Couscous)	Aisle 2
1 cup chopped sun-dried tomatoes, dried	Aisle 3
1 medium zucchini	Produce
12 oz. chopped Boneless London Broil (Painted Hills)	Meat Dept.
4 oz. part-skim Tillamook mozzarella cheese	Dairy
1 cup chopped drained bottled roasted red bell peppers (Delallo packed in water)	Aisle 1
1 jar chopped fresh basil	Produce
4 tbsp. red wine vinegar	Aisle 1
½ tsp. salt	Aisle 5
½ tsp. Pepper	Aisle 5

Directions:

1.Grill steak according to directions. Meanwhile, chop sun-dried tomatoes and zucchini into ½ pieces.

2. Combine olive oil and garlic in a small nonstick skillet; cook over medium-low heat 2 minutes or just until fragrant. Remove from heat; set aside.

3. Bring 2 ½ cups water to a boil in a medium saucepan. Add couscous and sun-dried tomatoes; reduce hear to medium, and cook 5 minutes or until water is absorbed. Remove from heat; fluff with fork. Spoon couscous into a large bowl. Add Grilled Flank Steak, mozzarella cheese, roasted red peppers, and basil; toss well.

4. Combine garlic mixture, vinegar, salt, and black pepper, stirring with a whisk. Pour dressing over couscous mixture; toss gently to coat.

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Servings Per Meal (8)

Amount Per Serving	
Calories 300	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 4g	2%
Monosaturated Fat 4g	
Cholesterol 32mg	11%
Sodium 271mg	11%
Potassium 588 mg	
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 23g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shape Up Tip
To make this a complete meal, add:
Green salad & a beverage

Tonight’s Grab ‘n’ Go Dinner Cost per serving: $2.15

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

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All ingredients will be marked with the Shape Up Kittitas County logo.