

Teriyaki Beef Wrap

Ingredients:

- 1 tbsp soy sauce or Bragg's
- 1 tsp fresh ginger, finely chopped
- 1 clove garlic, chopped
- ½ jalapeño pepper, finely chopped
- 4 oz. lean round steak, trimmed of excess fat and cut into strips
- 1/4 tsp garlic powder
- 2 tbsp cottage cheese or reduced-fat sour cream
- ½ whole-wheat flour tortilla
- 1 tsp sesame seeds
- 1 green onion, sliced
- Salt and pepper to taste



Making it:

1. Marinade beef: In a large zip lock bag, combine the soy sauce, ginger, garlic, and jalapeño pepper, then add the steak. Seal the bag and shake well. Place in the refrigerator for 4-8 hours turning several times.
2. Bowl: combine the garlic powder and cottage cheese. Stir well and set aside.
3. Remove the meat from the bag, brush off the seasonings. Discard marinade.
4. Skillet or pan: On medium-high heat, cook the meat until just pink inside. Transfer to a plate and set aside.
5. In same skillet, heat the sesame seeds, stirring quickly, for 10 to 20 seconds. Remove from the skillet and set aside.
6. Lay the tortilla on plate. Spread the cottage cheese mixture onto the middle, top with the steak strips and scallions, season with salt and pepper to taste, and sprinkle with the toasted sesame seeds.
7. Roll up the wrap, folding the ends toward the center and enjoy.

Tips and Hints:

- Since you went to the trouble of making your own marinade, use it to marinate extra beef for a stir fry.
- Much easier to cut steak into thin strips when partially frozen.
- Contains 14 mg of iron.

NUTRITION FACTS

Servings: 1
Serving Size: 1 wrap

Total Calories 437

Carbohydrate 25 g

Total Fat 14 g

Protein 53 g

Fiber 12 g

Prep Time: 10

Cook Time: 10

* marinade time not included in prep time.