

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Back-to-school dinner dilemma solved

*For many families, August means the start of a new school year. Whether you're excited, looking forward to the schedule it often brings or are going to miss the impromptu outings and late nights, one thing's for sure: You have to eat.*

### Busy time

Sometimes we can forget. Coordinating after-school pick-ups, sports practices and everything else means that enjoying a "real" dinner with the family is often a challenge. Parents, you know what we're talking about. How many nights have you pretended that peanut butter sandwiches or bowls of cereal count? Who hasn't?

On the other hand, a home-cooked 12-course meal every night isn't quite realistic, either — no matter how much your budding gourmands might crave Lobster Thermidor, a made-from-scratch cassoulet or Baked Alaska. So what's a frazzled family to do?

How about start off with a *Certified Angus Beef®* (CAB®) flank steak? From there, the opportunities abound.

### Plan ahead

Fire up the grill on Sunday night and enjoy a laid-back steak dinner with your family ... and plan ahead for two rounds of leftovers on the weeknights. Can we coin a new term — "planned-overs"?

Not only is flank steak super flavorful and versatile, it's a lean cut that boasts a lot of energy-boosting protein. When you cook at home, you control the grease factor, sodium and calorie count — the overall nutritional bang for your buck.

Try a steak sandwich or a steak salad. Throw the leftover steak atop a pizza on a whole-wheat crust, fill baked potato skins or toss into a veggie stir-fry — whatever your kids will enjoy. The possibilities are limited only by your imagination and what else you have in your fridge or pantry.

With memories of cereal for dinner, your family will be dreaming of delicious dinners in no time!



### Flank Steak Fajitas

#### Ingredients:

1 lb. CAB® flank steak  
½ cup lime juice  
¼ cup vegetable oil  
1 tsp. fajita seasoning  
vegetable spray, as needed  
1 large red onion, sliced and ringed  
1 large green bell pepper, cut into 1½ × ¼-inch strips  
flour tortillas  
cheese, salsa, guacamole, sour cream optional

#### Instructions:

1. Slice steak across the grain in 2 × ¼-inch strips. Place in zipper-locking plastic bag. Combine lime juice and oil; pour over steak strips. Marinate in refrigerator for 30 minutes.

2. Remove steak strips from marinade; discard marinade. Sprinkle fajita seasoning on steak strips.
3. Spray skillet with vegetable spray. Sauté beef over high heat, stirring constantly until brown, about 3 to 5 minutes. Add onion and pepper strips and continue stir-frying until most of liquid is absorbed and onions are slightly brown (about 10 minutes).
4. Serve immediately in flour tortilla with choice of grated cheese, salsa, guacamole and sour cream condiments.

Serves 4

