



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

New diets are always trending - Low-carb, Keto, Paleo, Gluten-free, etc.

Some have been developed for people with health concerns that must be managed by their diet. Others follow these diets because it is trendy and makes them "feel better". Whatever reason they are followed, it's important to understand what makes them healthy.

Healthy diets have common factors, like:

1. Incorporating varieties of nutrient-rich foods
2. Emphasizing high-quality protein sources
3. Encouraging plenty of vegetables and fruit
4. Being balanced with fiber-rich, quality carbohydrates

Beef is one high-quality protein with ten essential nutrients, like iron, zinc and B-vitamins. Lean sources of beef can play an essential role in these healthy diets. Cook the roast for a weekend meal, and then use the leftovers in a second meal.

One Pan Beef Roast with Root Vegetables



Ingredients:

- 1 beef Bottom Round Roast (about 3 pounds)
- 1 Tbsp. minced garlic
- 1 tsp. salt, divided
- 1 tsp. pepper, divided
- 6 cups diced beets (1-inch), about 1-1/2 pounds
- 5 cups diced sweet potatoes (1-inch), about 1-1/2 pounds
- 1 Tbsp. vegetable oil



Directions:

1. Preheat oven to 325°F. Line large shallow baking pan with parchment paper. Combine garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper; press evenly onto all surfaces of beef roast. Place roast in pan, fat side up. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not in fat.
2. Place beets and sweet potatoes in large bowl. Add oil, remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper; toss to coat. Arrange vegetables around roast. Do not add water or cover. Roast in 325°F oven 1-1/4 to 1-3/4 hours for medium rare.
3. Remove roast when meat thermometer registers 135°F for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.) If vegetables are not tender, return to oven and roast until tender.

Cuban Crispy Shredded Beef



Ingredients:

- 12 ozs. shredded cooked beef roast
- 1 cup sliced green bell pepper
- 1 cup sliced onion
- 1/4 cup fresh lime juice
- 2 Tbsps. olive oil
- 2 tsps. minced garlic
- 1/2 tsp. salt, divided
- 1/4 tsp. ground black pepper



Directions:

1. Combine the beef pot roast, bell pepper, onion, lime juice, oil, garlic, 1/4 teaspoon salt and black pepper in large bowl. Marinate in refrigerator for 15 minutes or up to 1-1/2 hours.
2. Heat a large, nonstick skillet over medium-high heat until hot. Spread 1/3 of beef mixture in thin layer in skillet. Cook until crispy in spots, turning several times, 2 to 3 minutes. Remove from skillet. Repeat twice with remaining beef mixture.
3. Season beef with remaining 1/4 teaspoon of salt. Serve with rice, black beans and lime wedges as desired.