

Powering Up with Protein

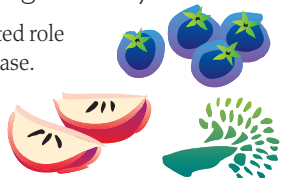
Despite popular perceptions, many Americans are **not** over consuming protein. In fact, scientific research indicates that people may need to increase their high-quality protein intake for optimal health benefits. Emerging science illustrates that high-quality protein is a powerful nutrient that can play an essential role in a healthy lifestyle at any age by promoting muscle growth, strength and metabolism, fueling activity, and benefiting weight management. For example, protein helps build muscle, which is critical for managing your weight, and helps you feel satisfied or fuller longer. Research also shows high-quality protein can be essential to preventing chronic diseases like obesity, diabetes and sarcopenia.¹

But what's the right way to power up your diet with protein? Protein **quality** is as important as consuming the right **quantity** of protein. When it comes to choosing proteins, all proteins are not created equal.

High-quality animal protein sources, such as lean beef and pork, skinless poultry, eggs and lowfat dairy products, provide the essential amino acids, or "building blocks," the body needs to grow, build and maintain muscle and function properly. Animal proteins are also naturally rich in other important nutrients. For example, in addition to high-quality protein, one serving of lean beef is a power-pack of eight other essential nutrients, including iron, zinc and B-vitamins.

It's easy to enjoy more high-quality protein in your diet **and** get all the essential nutrients you need for a healthy lifestyle. In fact, lean protein can make it even easier to enjoy more fruits, vegetables and whole grains in your diet.

¹ Wolfe R. The underappreciated role of muscle in health and disease. *American Journal of Clinical Nutrition*. 2006. 84:475-482.



Powering Up With High-Quality Protein

The Institute of Medicine and several bodies of research suggest consuming 10-35 percent of calories from protein is safe and beneficial, and it's easy to power up with high-quality proteins, whether you're at home with your family, entertaining or on the go. High-quality protein helps fuel a healthy, active lifestyle. Follow these tips for simple ways to get more nutrients and enjoy a variety of high-quality proteins during every meal occasion.

Creating a Colorful Plate

Keep your kitchen stocked with colorful fruits and vegetables, choosing seasonal varieties that not only taste great, but are less expensive than produce that's off season. Stir whatever vegetables you have on hand — chopped peppers, asparagus or carrots, for example — into your favorite lean ground meat and tomato sauce for a nutrient-rich pasta sauce. Or chop vegetables and add to a stir-fry made with thinly sliced lean beef or pork strips, for a quick and easy meal.



Powering Up Special Occasions

Party hors d'oeuvres are notoriously calorie-rich. Serve your guests lean protein-rich options that will keep them satisfied, without weighing them down. Thread sliced, grilled sirloin steak through wooden skewers and drizzle with teriyaki sauce. Or try mini meatballs made with lean ground beef or turkey with marinara sauce on the side and toothpicks for dipping.



Dining Out with Lean Protein

Look for words like "grilled," "broiled," or "baked" when browsing the menu for lean proteins while dining out. To choose the leanest cuts of beef and pork, order those with "round" or "loin" in the name, such as sirloin steak or pork tenderloin. Ask for steamed vegetables or a small salad, instead of French fries on the side, for a well-rounded meal.



Stopping Snack Attacks

Protein promotes satiety so it makes you feel fuller longer, and satisfies cravings faster. Curb the mid-afternoon munchies with a protein-packed cheese stick and an apple, orange or pear. Or wrap your favorite vegetables with thin slices of lean beef, turkey or ham for a quick snack.



Powering Up with Protein

Power Up With Balanced, High-Quality Protein Recipes

Protein-rich foods can help you “paint your plate” with colorful fruits and vegetables. Pairing produce and whole grains with a favorite food like lean beef creates delicious nutrient-rich meals and helps you meet Dietary Guidelines and MyPyramid recommendations while beefing up your high-quality protein needs. With 29 beef cuts that meet government guidelines for lean, it's easy to include high-quality protein as part of a lowfat, heart-healthy diet.

BEEF, MANGO AND BARLEY SALAD

Mango adds a potent punch to this salad, both with its sweetness and with a boost of vitamin C.

Total preparation and cooking time: 1 1/2 hours

- 2 medium red bell peppers, cut into 1 1/2-inch pieces
- Cooking spray
- 1 1/2 teaspoons sweet paprika, divided
- 1 beef tri-tip roast (about 1 1/2 to 2 pounds)
- 1 cup uncooked quick-cooking barley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup fresh lime juice
- 1 teaspoon olive oil
- 2 medium mangoes, cut into 1/2-inch pieces
- 1/3 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 4 large Boston lettuce leaves (optional)



1. Heat oven to 425°F. Place bell peppers on metal baking sheet; spray with nonstick cooking spray; set aside.
2. Press 1 teaspoon paprika evenly onto all surfaces of beef roast. Place roast on rack in shallow roasting pan. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium-rare, 40-45 minutes for medium doneness. Roast bell peppers in oven with beef about 30 minutes or until tender. Set peppers aside to cool.
3. Remove roast when instant-read thermometer, inserted into center of thickest part, registers 135°F for medium-rare, 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium-rare, 160°F for medium).
4. Meanwhile, cook barley according to package directions. Set aside to cool slightly.
5. Cut beef into 1/2-inch pieces; season with salt and black pepper. Whisk lime juice, oil and 1/2 teaspoon paprika in small bowl until blended. Toss with beef, barley, roasted peppers, mangoes, green onions and cilantro in large bowl. Serve in Boston lettuce leaves, if desired.

Makes 6 to 8 servings.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.

Nutrition Information per serving: 309 calories; 9g fat (3g saturated fat; 4g monounsaturated fat); 60mg cholesterol; 246mg sodium; 35g carbohydrate; 4.3g fiber; **26g protein**; 8.4mg niacin; 0.8mg vitamin B₆; 1.3mcg vitamin B₁₂; 2.3mg iron; 27mcg selenium; 4.7mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of fiber and iron.

Cook's Tip: To quickly cool barley and prevent it from clumping, spread on a metal baking sheet.

This Recipe Provides:

- ✓ Fruits
- ✓ Vegetables
- ✓ Lean Protein
- ✓ Whole Grains
- ✓ Lowfat and Nutrient-Rich Meal

Powering Up with Protein

SZECHUAN BEEF STIR-FRY

This fast and easy stir-fry gets a spicy kick from crushed red pepper.

Total preparation and cooking time: 15 minutes

- 2 beef shoulder center steaks (Ranch Steaks), cut 3/4 inch thick (about 8 ounces each)
- 1 package (10 ounces) fresh vegetable stir-fry blend
- 3 tablespoons water
- 1 clove garlic, minced
- 1/2 cup prepared sesame-ginger stir-fry sauce
- 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice or brown rice, prepared without butter or salt
- 1/4 cup dry-roasted peanuts

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile cut beef steaks into 1/4-inch thick strips.
3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Spoon over rice. Sprinkle with peanuts.

Makes 4 servings.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.



Cook's Tip: Four cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrots, may be substituted for 1 package vegetable stir-fry blend.

Cook's Tip: Your favorite stir-fry sauce flavor may be substituted for the sesame-ginger flavor.

This Recipe Provides:

- ✓ Vegetables
- ✓ Lean Protein
- ✓ Whole Grains
- ✓ Lowfat Nutrient-Rich Meal

Nutrition information per serving: 351 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 64 mg cholesterol; 1147 mg sodium; 29 g carbohydrate; 3.0 g fiber; **32 g protein**; 5.4 mg niacin; 0.3 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 4.1 mg iron; 33.0 mcg selenium; 6.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron, selenium and zinc, and a good source of fiber and vitamin B₆.

Powering Up with Protein

FARMER'S MARKET VEGETABLE, BEEF & BROWN RICE SALAD

Brown rice has a nutty flavor and is full of fiber and vitamins, making it a healthy foundation for this garden fresh salad.

Total preparation and cooking time: 50 minutes

Marinating time: 6 hours or overnight

- 1 beef top round steak, cut $\frac{3}{4}$ inch thick (about 1 pound)
- 1 teaspoon olive oil
- 2 cups asparagus pieces (2-inch pieces)
- 1 medium yellow squash, cut lengthwise in half, then crosswise into $\frac{1}{4}$ -inch thick slices
- 3 cups hot cooked brown rice
- 1 cup diced, seeded tomatoes
- 1 cup canned garbanzo beans, rinsed, drained
- $\frac{1}{4}$ cup fresh basil, thinly sliced
- $\frac{1}{2}$ teaspoon salt

Marinade:

- $\frac{1}{4}$ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon honey
- 2 teaspoons fresh thyme, chopped
- 2 teaspoons chopped fresh oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

1. Combine marinade ingredients in small bowl. Place beef steak and $\frac{1}{4}$ cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare doneness, turning once. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.
4. Carve steak into thin slices. Serve over rice salad.

Makes 4 servings.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.



Cook's Tip: To grill, place steak on grid over medium, ash-covered coals. Grill, uncovered, 8 to 9 minutes for medium rare doneness, turning occasionally.

This Recipe Provides:

- ✓ Vegetables
- ✓ Lean Protein
- ✓ Whole Grains
- ✓ Lowfat and Nutrient-Rich Meal

Nutrition Information per serving: 514 calories; 15 g fat (3 g saturated fat; 8 g monounsaturated fat); 61 mg cholesterol; 593 mg sodium; 60 g carbohydrate; 7.3 g fiber; **36 g protein**; 8.6 mg niacin; 1.1 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 5.9 mg iron; 50.8 mcg selenium; 7.0 mg zinc.

This recipe is an excellent source of fiber; protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.