

# Sriracha Steak Omelet & Roasted Potatoes

Portions: 6



## Ingredients

- 6 each Sriracha Steak & Cheese Omelet (recipe below)
- 1½ lbs. Herbed Potatoes (recipe below)
- 1½ cups Sautéed Peppers and Onions (recipe below)

## Instructions

- Place 1 omelet on plate. Serve with ½ cup potatoes and ¼ cup peppers and onion mixture.

### NUTRITION FACTS:

1 omelet with 1/2 up potatoes and 1/4 cup peppers and onion mixture

CALORIES	CARBS	PROTEIN	FAT	SAT. FAT	SODIUM	FIBER
330	29g	22g	14g	4g	620g	3g

## Sriracha Philly Steak

### Ingredients

- 12½ ounces Steak Umm Sliced Steak
- 1 tablespoon Sriracha Hot Chili Sauce

### Instructions

- Place steak portions on stove top and cook for 2 to 3 minutes. Turn and cook for 2 minutes more or until minimum internal temperature is 145°F (for 15 seconds). While still on the stove, shred steak with spatula.
- Transfer steak to a mixing bowl. Add sriracha sauce. Mix well.
- Keep hot until ready to use.

## Sriracha Steak & Cheese Omelet

### Ingredients

- 1 cup Sriracha Steak
- 3 cups Liquid Egg Substitute, no cholesterol (Egg Beater's® or similar brand)
- ¾ cups diced Plum Tomatoes
- 2 tablespoons sliced Green Scallions
- ¾ cups part skim shredded Mozzarella Cheese

### Instructions

- Spray vegetable oil pan spray on a preheated 350°F. griddle.
- Slowly pour ½ cup liquid egg substitute onto the griddle.
- Quickly add 3 tablespoons sriracha steak, 2 tablespoons diced tomatoes, ½ teaspoon scallions and 2 tablespoons mozzarella cheese evenly across the egg's surface.
- Fold top and bottom of omelet base inward so that they meet in middle.
- Roll omelet from one end to the other to create a cylinder-like shape. Minimum internal temperature should be at least 165°F. (for 15 seconds).
- Transfer to plate and garnish with ½ teaspoon scallions.

## Parslied Roasted Red Potatoes

### Ingredients

- 2½ lbs. Red Potatoes, cut in quarters
- 3 tablespoons Canola Olive Oil
- 1 tablespoon chopped Parsley
- ½ teaspoon Salt
- ½ teaspoon Black Pepper, ground

### Instructions

- Coat potatoes with Canola oil, chopped parsley, salt and pepper. Toss to evenly coat.
- Roast in a 375°F. oven for 35 to 45 minutes or until golden. Minimum internal temperature should be 140°F.
- Keep hot until ready to use.

## Sautéed Peppers & Onions

### Ingredients

- 1 tablespoon Canola Olive Oil
- 1 cup Onions, sliced thin
- 1 cup Green Peppers, julienne
- 1/8 cup Red Peppers, julienne

### Instructions

- In a sauté pan, heat oil over medium heat.
- Add onions and peppers to sauté pan until softened.
- Keep hot until ready to use.

# You Can Cook Healthy at Home

It's very easy – and best of all, you don't need to invest in new kitchen appliances and fancy gadgets! Here are a few techniques you can use to make delicious food that tastes great.

## bake it

Place your item in a pan or dish. Put a rack inside your pan so any fat can drip off. You can spray lightly with olive oil. Make sure it is fully baked by checking the internal temperature.

## braise it

Heat your pan with a small amount of oil. Sear the item on all sides, and then add a small amount of liquid (broth or water) to continue cooking it to the proper temperature.

## broil it

Preheat your broiler and lightly coat the cooking rack with vegetable spray. Place your food on the rack and carefully monitor cooking, as foods burn quickly. Turn the food once during broiling.

## grill it

Hit the great outdoors. Preheat your grill and grill rack. You may need to brush on vegetable oil if you aren't cooking meat that's been marinated. Place items on grill and flip them half way through the desired cooking time. Apply any wet sauces or bastes in the final minutes of cooking.

## roast it

Season and marinate the main item. You can sear it over high heat if desired. Elevate it in a roasting pan so that hot air can reach all sides. Roast until the item reaches the desired internal temperature. Let the item rest before carving.

## sauté it

An easy way to cook small or thin food. If you use a pan with a non – stick surface, you won't need to add any oil.

## steam it

A great way to cook vegetables! Place vegetables in a basket over boiling water. They will retain their flavor and eliminate the need for salt.


## stir fry it

Use a wok to quickly cook protein and veggies over high heat. Add a little oil to your wok and heat it up. Add your protein and the veggies.

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