Mu Shu Steak &Amp; Apple Wraps

Hand-held and perfectly portable, these wraps are great on the go.

30 Min	4 Servings	42 Cal	32g Protein

INGREDIENTS

4 beef Tri-Tip Steaks, cut 1 inch thick (about 4 ounces each) - One beef Top Sirloin Steak boneless, cut 3/4 inch thick or 2 beef Ranch Steaks, cut 3/4 inch thick (about 1 pound) may be substituted for Tri-Tip Steaks. Pan-broil Top Sirloin Steak 12 to 15 minutes (Ranch Steaks 8 to 11 minutes) for medium rare to medium doneness, turning occasionally.

3/4 teaspoon ground cinnamon

1/4 teaspoon pepper

1/4 cup hoisin sauce

1 tablespoon honey

Salt (optional)

3 cups tri-color coleslaw mix (with green cabbage, red cabbage and carrots)

1 Granny Smith apple, peeled and thinly sliced

8 medium whole wheat flour tortillas (8 to 10-inch diameter), warmed

COOKING

1. Combine cinnamon and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 9 to 12 minutes or until beef reaches an internal temperature for medium rare (145°F) to medium doneness (160°F) as measured by a meat thermometer, turning occasionally.

2. Combine hoisin sauce and honey in large bowl. Carve steaks into thin slices; season with salt, if desired. Add steak slices, coleslaw mix and apple to hoisin mixture; toss to coat.

3. Place equal amounts of beef mixture down center of each tortilla, leaving 1-1/2-inch border on right and left sides. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges; secure with wooden picks, if necessary.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13g	67mg		61g	32g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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