

THINKING OUTSIDE THE BOX

MADE OVER COUNTRY FRIED STEAK WITH GRAVY

Many of the meals we might enjoy from the drive thru or restaurant can contain close to or even exceed a day's worth of the recommended sodium limit or even well beyond it. The recommended daily limit for sodium intake, according to the Dietary Guidelines for Americans, is less than 2,300 mg per day. As such, if you choose to enjoy one care should be taken to reduce the sodium level of the other foods you consume that day. Or, you can try making more meals at home where you have more control over the ingredients and can opt for lower sodium options.

In your dishes, opt for low-sodium ingredients. Low sodium is defined by 140 mg of sodium or less the regular amount commonly consumed (RACC). Our Dietitian Approved Tags at the shelf have done the work for you in identifying low sodium items. A great strategy to assist with keeping sodium levels below the recommended limit is to opt for fresh fruits and vegetables for snacks, rather than packaged goods.

Sometimes meals you favor from restaurants are because they might use ingredients you don't use often or are hard to get or sold in quantities that result in waste. But don't let that stop you! If you don't have one ingredient or that ingredient isn't readily available, there are often substitutions that can be made or you can even make your own "concoction" at the level needed for the recipe.

When you take a step back, cooking is chemistry. Mixing ingredients, add heat (a reaction agent) and the end result is more than the sum of the ingredients. This recipe, and others that might call for adding breading, calls for buttermilk but instead of using buttermilk, it walks you through making it yourself. Buttermilk brings a tangy flavor and acidic makeup to dishes that make it quite versatile. This homemade version of buttermilk brings that acidity that is needed sometimes to allow for the scientific reaction of leavening (causing things to rise), in baking.

This week look for a recipe to try that has buttermilk, after you make this one of course, and use this method to make the ingredients less intimidating. For example, try making whole wheat, buttermilk pancakes.

This recipe uses multiple cooking techniques to help you make your ingredients from scratch. The gravy with the added coffee might even put this dish above a restaurant favorite.

MACROS / SERVING SIZE:

Protein 36 g | Fat 21 g | Carbs 32 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 460 | Protein 31 % | Fat 41 % | Carbs 28 %

NUTRIENT / SERVING SIZE:

Fiber 2 g | Sodium 344 mg | Sat. Fat 7 g

DIETITIAN TIP

Keep your sodium level in check by looking at the Nutrition Facts Panel, using our Dietitian Approved tags, cooking more meals at home and adding salt sparingly at the table, rather than while preparing entrees, meats, soups, and vegetables.



INGREDIENTS (Serves 4)

- 2 tbsp. white or apple cider vinegar
- 1 cup skim milk
- 1 lb. of cubed steak, cut into 4 equal pieces
- 1 tsp. garlic powder
- ¼ tsp. paprika
- ½ tsp. black pepper
- 1 tsp. onion powder
- 1/3 cup whole wheat flour (can use all-purpose white)
- ½ cup whole wheat bread crumbs
- 4 tbsp. strong brewed coffee, cold
- 12 oz. nonfat evaporated skim milk, cold
- 3 tbsp. olive oil
- 1 tbsp. butter

DIRECTIONS:

1. In a wide shallow dish, mix the vinegar and skim milk together. Set aside.
2. In another wide, shallow dish, toss the spices and flour together. Place the crumbs on a large plate.
3. Dip one piece of meat in the milk, then in the flour and spice mixture. Press just a little to be sure the meat is lightly coated. Dip again in the milk and then the bread crumbs, pressing in the bread crumbs to stick. Set aside and repeat with the remaining pieces of steak.
4. In a large skillet add the oil and butter, heat over medium-high heat until the butter is melted. Turn down to medium and add the pieces of steak one at a time. Brown each side for 2 minutes.
5. Add the coffee, cover and cook for an additional 1-2 minutes. Remove the steaks and set aside on the plate.
6. Whisk the remaining flour into the evaporated milk and then pour the mixture into the skillet. Scrape the bottom and incorporate the contents into the milk mixture. Add the steaks cover and cook for an additional 4 minutes until the gravy thickens.
7. Serve topped with some of the gravy alongside mashed turnips or potatoes and a side salad.



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