

## *The Right Bite* **Healthier Swiss Steak**

6 Servings

### **You'll Need:**

1 pound round steak trimmed of visible fat and bone  
¼ teaspoon black pepper  
1 (15 ounce) tomato sauce  
2 Tablespoons instant onion flakes.  
1 ½ cups sliced celery  
1 (4 ounce) can sliced mushrooms & liquid  
1 Tablespoon dried parsley flakes

### **Take out:**

2-quart glass baking dish  
Cutting board  
Sharp knife  
Can opener  
Dry measuring cups  
Measuring spoons  
Rubber spatula  
Foil  
Plastic wrap

1. Trim all visible fat from the meat. Cut into serving pieces.
2. Sprinkle with pepper.
3. Place steak in baking dish. Pour on tomato sauce. Cover with plastic wrap and marinate in refrigerator overnight.
4. The next day sprinkle on onion flakes and celery. Add mushrooms and mushroom liquid. Top with parsley flakes.
5. Bake covered with foil (shiny side down) at 350 degrees F. for 1 ½ hours or until steak is tender.
6. Serve over noodles.

Calories: 128  
Carbohydrate: 8 grams  
Fat: 2 grams  
Sodium: 613 mg  
Protein: 19 grams

Exchanges: 2 Lean Meat, 1 Vegetable