

Recipes & Tips



Live Well Live Long

with Eleanor Schano



Potassium

with Nutritionist Sara Parr

Flank Steak with Caramelized Onions & Balsamic Glaze

Yields 4 servings (serving size: about 3 ounces steak, about 1/4 cup onions, and about 1 tablespoon balsamic glaze)

A sauce made from reduced balsamic vinegar flavors this steak in a wonderful way. Both the steak and onions contribute a healthy portion of potassium to this entrée--766 milligrams in each serving.

Serving suggestion: steamed broccoli or asparagus on the side, drizzled with some of the glaze.

Ingredients

2/3 cup balsamic vinegar
1 Tbsp. extra virgin olive oil
6 cups sliced onion (about 1 1/2 pounds)
1/2 tsp. salt, divided
1 (1-pound) flank steak, trimmed
1/4 tsp. freshly ground black pepper
1/4 tsp. dried thyme
Cooking spray

Preparation

Bring balsamic vinegar to a boil in a small, heavy saucepan. Reduce heat to medium; cook until reduced to 1/4 cup (about 5 minutes). Remove from heat. Heat oil in a large nonstick skillet over medium-high heat. Add onion, and sauté 10 minutes or until tender. Sprinkle with 1/4 teaspoon salt; sauté 18 minutes or until onions are golden brown. Remove from heat. Preheat broiler. Sprinkle steak with remaining 1/4 teaspoon salt, pepper, and thyme. Place steak on a broiler pan coated with cooking spray; broil 6 minutes on each side or until desired degree of doneness. Cut steak diagonally across grain into thin slices. Serve steak over onions; drizzle with balsamic glaze.

Nutrition Facts:

Calories: 329, Calories from Fat: 118

Percentage Daily Value:

Total Fat: 13.1g (20%), Saturated Fat: 4.5g (22%), Cholesterol: 62 mg (21%), Sodium: 363 mg (16%), Total Carbohydrates: 16.6g (6%), Dietary Fiber: 3.0g (12%), Sugars: 7.5 g, Protein: 33.5g, Vitamin A 0%, Vitamin C 21%, Calcium 6%, Iron 15%

For Extra Potassium Punch

Lay a pitted, halved avocado skin-side down in a shallow dish. Fill with approximately 1 tbsp. of balsamic vinegar, and voila – an elegant, quick and easy, potassium-rich appetizer or snack!

Prize Potassium Sources

Incorporate these potassium-rich foods into your diet to reach the recommended goal of 4,700 milligrams.

1,000 mg

Avocado (1 cup)
Baked potato (8 ounces with skin)
Beet greens (3/4 cup, cooked)
Edamame (1 cup shelled, cooked)
Lima beans (1 cup, cooked)
Papaya (1 large)
Sweet potato (1 cup, cooked)

750 mg

Plantains (1 cup, cooked)
Salmon (6 ounces, raw)
Tomato sauce (1 cup)
Winter squash (1 cup, cooked)

500 mg

Banana (1 large)
Beets (1 cup, cooked)
Cantaloupe (1 cup)
Dried apricots (12 halves)
Dried figs (4)
Orange juice (1 cup)
Yogurt (1 cup plain low-fat)

250 mg

Broccoli (1/2 cup, cooked)
Chicken breast (5 ounces, roasted)
Dates (5 whole)
Kiwifruit (1)
Mango (1)
Milk (1 cup)
Nectarine (1)
Orange (1 medium)
Peanut butter (2 tablespoons)
Peanuts (1 ounce, about 1/4 cup)
Pear (1 large)
Raisins (1/4 cup)
Strawberries (1 cup)
Zucchini (1/2 cup, cooked)



SHOP 'n SAVE
just right.