



## **Beef Pinwheels**

### **Steak**

1 beef top round steak (1 ½ pounds), trimmed of fat  
1/4 teaspoon salt  
1/8 teaspoon pepper

### **Filling**

8 ounces mushrooms, finely chopped  
1 onion, finely chopped  
1/2 cup plain dry bread crumbs  
2 tablespoons chopped flat-leaf parsley  
1/4 teaspoon salt  
1/4 teaspoon dill seed  
2 tablespoons Worcestershire sauce  
2 tablespoons fat-free beef broth

**STEAK:** Preheat oven to 425°F. Place the steak on a cutting board and cover with plastic wrap. Using a mallet or rolling pin, pound the steak from center outward to form a rectangle that is about 12" X 8" X ¼" thick. Remove the plastic and season the steak with salt and pepper on one side.

**FILLING:** Coat a large skillet with nonstick spray. Add the mushrooms and the onion. Cook, stirring, for 5 minutes, or until tender. Stir in the bread crumbs, parsley, salt, and dill seed.

Spread the mushroom mixture over the steak to within 1" of the edges. Roll up the steak, starting from one of the short sides. Secure with wooden picks. Place the meat, seam side down, on a rack in a roasting pan. In a cup, stir together the Worcestershire sauce and broth. Brush over the steak.

Roast for 45 to 60 minutes, or until meat is tender and no longer pink. Brush occasionally with the broth mixture. Cut the roll into 8 slices and serve immediately.

**Makes 8 pinwheels; 4 servings.** *Per serving: 289 calories, 11 grams fat, 4 grams saturated fat, 8 grams carbohydrate, 474 grams sodium, 105 mg cholesterol, 1 gram fiber.*

*From our "Cookbook of the Quarter," More Healthy Homestyle Cooking, available at Barnes & Noble discounted 20% through March in the Asheville location.*

Remember that red meat is high in saturated fat and cholesterol, but for those of you who enjoy it, you'll be happy to hear that small amounts of red meat can still be incorporated into a heart healthy eating style. Choose a lean cut, such as top round or sirloin, and trim off the visible fat. Be sure to add a generous serving of brightly colored vegetables and a whole grain starch for a balanced meal.

Your Partners in Health,  
**Candace and Lesley**