

## Saltimbocca with Roasted Tomatoes and French Beans

### Ingredients (8 servings):

- 2 lb Flank Steak, trimmed
- 6 oz low-fat mozzarella cheese, sliced
- 12 slices prosciutto
- 2 bunches fresh sage
- ¼ cup olive oil
- Fresh ground pepper
- 2 lbs frozen spinach
- ½ cup grated parmesan cheese
- 2 cups Grape tomatoes

### Directions:

1. Preheat the oven to 350 degrees Fahrenheit. Cut the steak into 4oz pieces and pound each steak down by 25% of original thickness.
2. Season pounded steaks with freshly ground pepper and top with sliced mozzarella, some sage leaves, and prosciutto. Roll them into pinwheels and secure with toothpicks to hold shape. In remaining oil sauté sage leaves until they are cooked and crispy. Place aside to use for garnish.
3. Heat 2 tbsp of oil in a skillet over medium-high heat and sauté pinwheels until brown on all sides. Place on a lined sheet and roast in the oven until Medium-rare, around 7 minutes. Remove from oven and let them sit for 5 minutes.
4. For the beans and tomatoes, heat remaining olive oil in a skillet over medium-high heat. Saute Spinach for about 7-10 minutes until moisture is cooked out. Add grape tomatoes to the skilled and cook until blistered. Season with salt, pepper, and parmesan. Serve warm with Saltimbocca.

### Nutrition information for 3oz of saltimbocca and ¼ cup of spinach, and ¼ cup tomatoes:

## Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 237	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 67 mg	22 %
Sodium 578 mg	24 %
Potassium 368 mg	11 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 35 g	71 %

## Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 39	
% Daily Value *	
Total Fat 2 g	2 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 442 mg	18 %
Potassium 196 mg	6 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	6 %
Sugars 0 g	
Protein 6 g	11 %

## Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 36	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 52 mg	2 %
Potassium 11 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	1 %