
LEAN FLANK STEAK & SPINACH IRON BOWL

430 Calories | 35g Protein | 22g Carbs | 22g Fat



INGREDIENTS

- 4 oz lean flank steak (grilled to preference and thinly sliced)
- 2 cups baby spinach
- ¼ cup red onion, thinly sliced
- ¼ cup crumbled feta cheese (reduced fat)
- ½ cup roasted sweet potato cubes
- 1 tbsp apple cider vinegar
- 1 tsp olive oil

DIRECTIONS

1. Roast sweet potato cubes at 400°F for about 20 minutes until tender.
2. In a large bowl, combine the spinach, red onion, and roasted sweet potatoes.
3. Lay the sliced flank steak over the top and sprinkle with feta cheese.
4. Drizzle with apple cider vinegar and olive oil, then toss lightly.