



Lean Flank Steak & Spinach Iron Bowl

Macros: 430 Calories; 35g Protein; 22g Carbs; 22g Fat

Ingredients

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

Directions

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