

HEALTHY EATING

Campfire Safety

Campfire safety will make the experience more enjoyable.

Rules around campfires:

- Safety always comes first!
- A first aid kit, directions to the closest emergency care facility, and cell or land-line phone should be readily available before the campfire activity starts.
- Always supervise children carefully. Absolutely no running or playing near campfires.
- Never leave the campfire or grill unattended and have a bucket of water nearby. A responsible adult must be present at all times.
- Have a safety circle around the campfire or grate.
- Never wear loose or flammable clothing near campfires.



June is Beef Steak Month

Enjoy the ZIP of beef (zinc, iron and protein)

GARDEN HERB STRIP STEAKS

Total Recipe Time: 35 to 40 minutes - Makes 4 servings

Make a rub from thyme, oregano, lemon and garlic for big flavor on Strip steak.

INGREDIENTS

1. 2 beef Strip Steaks Boneless, cut 1 inch thick (about 10 ounces each)
2. Salt



Seasoning:

1. 2 tablespoons chopped fresh thyme
2. 1 tablespoon chopped fresh oregano
3. 2 teaspoons freshly grated lemon peel
4. 3 cloves garlic, chopped
5. 1/4 teaspoon pepper

INSTRUCTIONS FOR GARDEN HERB STRIP STEAKS

1. Combine Seasoning ingredients in small bowl; reserve 2 teaspoons for garnish. Press remaining seasoning evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Carve steaks into slices. Sprinkle with reserved seasoning and salt, as desired.

NUTRITIONAL INFORMATION FOR GARDEN HERB STRIP STEAKS

Nutrition information per serving: 219 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 84 mg cholesterol; 64 mg sodium; 1 g carbohydrate; 0.4 g fiber; 31 g protein; 8.9 mg niacin; 0.7 mg vitamin B₆; 1.8 mcg vitamin B₁₂; 2.2 mg iron; 36.2

mcg selenium; 5.8 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

Provided by: Nebraska Beef Council