



CHEESESTEAK

	Ingredients	Exchanges
Protein	34.6 gm Steak Ums® sliced steaks	2.7 (-6.75 gm fat)
	9.4 gm Cheez Whiz®	1 (-1 gm fat)
Fat	22.3 gm butter	6
Carbohydrate	6.7 gm fresh raw onions	0.7
	9 gm mushrooms, fresh	0.6
Other	Salt, pepper, and onion powder	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Melt the butter in a sauté pan.
- Add the onions and mushrooms to the pan.
- Season with salt, pepper, and onion powder.
- Cook over medium heat, stirring often, until tender.
- Add the sliced steaks to the hot pan.
- Stir until fully cooked.
- Drizzle the Cheez Whiz® over top and serve warm.

VARIATIONS

- This recipe is flexible and can be adjusted to any individual meal plan.
- Other cheeses can be used such as American, cheddar, etc.
- Mushrooms can be substituted for other carbohydrates or for extra onions.
- Butter can be substituted for Smart Balance®.
- Steak Ums® can be substituted for other proteins such as ground beef, turkey, chicken, etc.