

Caesar Steak Sandwiches

Total Recipe Time: 20 to 25 minutes

Marinade Time: 30 minutes to 2 hours

1 pound boneless beef top sirloin or top round steak, cut 3/4 inch thick or flank steak
1/2 cup prepared non-creamy Caesar dressing
2 cups coarsely chopped romaine lettuce
1/4 cup shredded Parmesan cheese
4 hoagie rolls (6 inches long each), split, toasted



1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Reserve 2 tablespoons dressing. Pour remaining dressing in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining beef.
3. Toss lettuce with reserved dressing and 2 tablespoons cheese in medium bowl. Divide evenly over bottom of each roll. Top with beef; sprinkle with remaining cheese. Close sandwiches.

Makes 4 servings

Nutrition information per serving, using top sirloin steak: 629 calories; 20 g fat (5 g saturated fat; 6 g monounsaturated fat); 53 mg cholesterol; 1198 mg sodium; 70 g carbohydrate; 4.2 g fiber; 40 g protein; 13 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 6.3 mg iron; 64.8 mcg selenium; 5.9 mg zinc.

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

Nutrition information per serving, using flank steak: 632 calories; 21 g fat (6 g saturated fat; 6 g monounsaturated fat); 45 mg cholesterol; 1192 mg sodium; 70 g carbohydrate; 4.2 g fiber; 38 g protein; 12 mg niacin; 0.6 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 6.1 mg iron; 60.4 mcg selenium; 5.4 mg zinc.

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

Nutrition information per serving, using top round steak: 631 calories; 19 g fat (5 g saturated fat; 6 g monounsaturated fat); 64 mg cholesterol; 1179 mg sodium; 70 g carbohydrate; 4.2 g fiber; 41 g protein; 10.3 mg niacin; 0.5 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 6.9 mg iron; 66.1 mcg selenium; 5.9 mg zinc.

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

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