

GRILLED PHILLY CHEESESTEAK



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 pound New York strip steak
- ★ ½ teaspoon kosher salt, divided
- ★ Freshly cracked black pepper, to taste
- ★ 1 tablespoon avocado oil, divided
- ★ 1 medium yellow onion, halved and thinly sliced, (8 ounces)
- ★ 1 medium green bell pepper, halved, cored, and thinly sliced, (7 ounces)
- ★ 4 slices provolone cheese, (3 ounces)
- ★ 4 whole wheat flatbreads, for serving

DIRECTIONS

Place steak in the freezer for 1 to 1½ hours to slightly freeze. When steak is par-frozen, very thinly slice against the grain using a sharp knife. Season with ¼ teaspoon salt and pepper and set aside.

Set a 10-inch cast iron skillet on a grill and heat over medium-high. Add two teaspoons of oil then add the onions and peppers. Season with remaining salt and pepper and cook, stirring occasionally, until the vegetables are soft and golden, 8 to 10 minutes, adjusting heat if necessary (if the pan becomes too dry, add a splash of water as necessary). Transfer vegetables to a platter and set aside. Add remaining oil to the pan and add the steak in a single layer. Cook, stirring once, until steak is browned, about 2 minutes. Return vegetables to the pan and stir until combined and heated through.

Top mixture with sliced cheese, remove pan from heat, cover and let sit until cheese is melted, 1 to 2 minutes. Meanwhile, grill the flatbreads. Divide cheesesteak mixture among flatbreads and tightly roll into wraps to serve.

Serving Size and Nutritional Information:

Serves 8 (Serving Size = 116g)

150 Calories Per Serving, **6g** Total Fat,

9g Total Carbohydrates, **19g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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