

STEAK SANDWICHES WITH CREAMY HORSE RADISH SAUCE

Steak Sandwiches with Creamy Horseradish Sauce

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving= 1 sandwich)

Nutrition (per serving)

Calories: 316	Total Carbohydrate: 29
Total Fat: 12 g	Dietary Fiber: 3 g
Saturated Fat: 3 g	Protein: 36 g
Sodium: 405 mg	

Ingredients

Sandwich

- ~ 1 pound bottom round steak, thinly sliced
- ¼ cup balsamic vinaigrette salad dressing (make sure gluten free for GF version)

Creamy Horseradish Sauce

- ¼ cup light sour cream
- 1 Tablespoon light mayonnaise
- 1 Tablespoon prepared horseradish
- Cooking spray
- 4 - 100% whole wheat hamburger buns (choose gluten free for GF version)
- ½ teaspoon Worcestershire sauce (make sure gluten free for GF version)

Directions

1. Place steak in zip top bag with salad dressing, tossing to coat evenly. Marinate in refrigerator for at least an hour.
2. Spray with cooking spray and preheat grill to medium heat.
3. Once preheated, place steak slices across center of grill. Grill 2 minutes on each side. Let stand 5 minutes before cutting out any tough areas.
4. In a small bowl, combine all horseradish sauce ingredients.
5. Place 2-3 steak slices on bun with 1-2 Tablespoons horseradish sauce.