



GROCERY LIST

PRODUCE

- ☐ 1 lemon
- ☐ 1 teaspoon rosemary
- ☐ 1 (18 ounce) package kale sprouts or Brussels sprouts
- ☐ 2 cups grape tomatoes
- ☐ 2 cloves garlic
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ 4 boneless beef shoulder top blade (flat-iron) steaks
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

REFRIGERATED FOODS

- ☐ 1 pack Azteca® Soft & Tender tortillas
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY ITEMS

- ☐ 1/4 cup balsamic salad dressing
- ☐ 1/3 cup green olives
- ☐ 1/4 teaspoon sea salt
- ☐ 1/4 teaspoon black pepper
- ☐ 3 tablespoons olive oil
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GRAINS

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FROZEN

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- ☐ _____

WHAT'S IN SEASON?

Artichokes, asparagus, avocado, broccoli, carrots, cauliflower, kale, mushrooms, leeks, potatoes, spinach, strawberries, Vidalia onions



MEDITERRANEAN FLAT-IRON STEAK WRAPS



INGREDIENTS

- 1 pack Azteca® Soft & Tender tortillas
- 4 boneless beef shoulder top blade (flat-iron) steaks, trimmed & cut in half
- 1 lemon 1 teaspoon rosemary, crushed
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 tablespoons olive oil
- 1 (18 ounce) package kale sprouts or Brussels sprouts, sliced lengthwise
- ¼ cup balsamic salad dressing
- 2 cups grape tomatoes, halved
- 2 cloves garlic, minced
- 1/3 cup pitted green olives, halved

DIRECTIONS

Cook time: 20 minutes

Servings: 4

Zest 1 teaspoon lemon and cut lemon into wedges. Sprinkle both sides of steaks with rosemary, salt, and pepper; rub in with your fingers. In a large skillet heat 1 tablespoon of the oil over medium-high heat. Reduce heat to medium and add steaks; cook 8 to 10 minutes or until medium-rare (145 °) turning once. Remove from skillet; keep warm.

Using the same skillet, add additional 1 tablespoon oil, add kale; cook, covered, 5 to 7 minutes or until tender-crisp. Remove from heat. Drizzle with Balsamic Salad Dressing; toss to coat. In the same large skillet, heat remaining tablespoon oil; add tomatoes and garlic. Cook 3 minutes or until tomatoes start to soften and burst; remove from heat. Stir in olives and lemon zest. Warm tortillas, place steaks in the center of tortilla with kale mixture, tomato mixture, and lemon wedges; wrap burrito style.