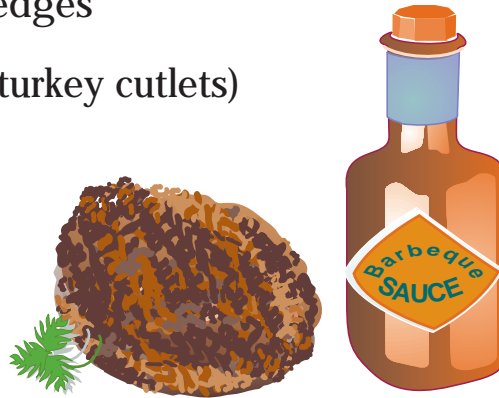


Barbecued Cube Steak

Ingredients:

- 1 small onion sliced into wedges
- 1 teaspoon oil
- 1/2 pound cubed steak (or turkey cutlets)
- 1/4 cup barbecue sauce



Preparation:

1. Using 9-inch skillet, saute onion in oil over medium-low heat, until tender. Push onions to side of pan and increase to medium heat.
2. Add cubed steak. Brush with half the barbecue sauce.
3. Cook 4 minutes. Flip steak over and brush with remaining barbecue sauce. Cook on low heat 5 to 6 minutes or until done. Serve smothered with onions.

Makes approximately two 3 ounce servings

Amount Per Serving			
Calories	270		
Calories from Fat	120		
% Daily Values*			
Total Fat	14g		
Saturated Fat	3.5g		
Cholesterol	65mg		
Sodium	410mg		
Total Carbohydrate	12g		
Dietary Fiber	less than 1 gram		
Sugars	3g		
Protein	23g		
Vitamin A	2%		
Vitamin C	4%		
Calcium	4%		
Iron	20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate	4
Protein	4		