

## TKO Philly Cheese Steaks – 3 servings

1 tbsp extra virgin olive oil - 15 g  
1 green bell pepper - 120g  
1 yellow onion - 110g  
1lb. top sirloin, thinly sliced - 453g  
3 slices reduced fat provolone cheese - 57 g  
3 wheat sub rolls (85g X 3) - 255g  
Recipe: 992g, 1997 Calories, 179 Pro, 148 Cho, 60 Fat, 2100 Na  
Serving: 330g, 665 Calories, 57 Pro, 49 Cho, 20Fat, 700 Na



Graham Lee and Brett Shigley



The traditional Cheese Steak often utilizes cheese whiz and can pack more than 1200 calories per sandwich. With our new recipe, the Philly Cheese Steak will have the same great taste with a quarter of the calories.

First, heat a tablespoon of extra virgin olive oil on a flat top grill. Once hot, add a whole green pepper and half a yellow onion and grill until slightly tender. While the vegetables are cooking, begin adding the thinly sliced sirloin to the grill, making sure to utilize the left over olive oil from the vegetables. When choosing meat for the Philly, sirloin or strip loin cuts are typically used, but the key is to use lean meat. Any meat with the words “loin” or “round” are usually the leanest.

When grilling the meat, make sure to pay close attention because the thinly sliced sirloin will cook very quickly. Cook each side for about one minute or until it begins to brown. Once the sirloin is done grilling, begin mixing it with the grilled vegetables and add three slices of reduced-fat provolone cheese on top. Once cheese has melted, scoop the grilled contents into a lightly toasted wheat sub roll. Now you can enjoy a sandwich that would even bring Rocky Balboa to his knees!