

# Bison and Spinach Mediterranean

1/2 pound	bison sirloin steak, cut into 1/4-inch strips
1 teaspoon	olive oil
2 cans (14.5 ounce)	no salt added diced tomatoes
1 teaspoon	Italian seasoning
1 teaspoon	black pepper
8 ounces	sliced fresh mushrooms
1/2 teaspoon	salt, or to taste
8 ounces	whole wheat fusilli pasta
1 bag (10 ounce)	fresh spinach, chopped into 3/4 Inch strips

Bring 3 quarts water to a boil in a 4 quart pot for cooking pasta. Heat an 8-quart stockpot or extra deep skillet over Medium-High heat. Add oil and saute steak strips in heated oil until no longer pink. Do not cook long since bison is very lean, it will cook very fast. Remove and set aside. Combine tomatoes, mushrooms and salt in pot. Bring to a boil and cook, stirring occasionally, over Medium heat 10 minutes. Add pasta to boiling water; and cook according to the package instructions. Drain. Stir spinach into tomato sauce and cook about 1 minute until it wilts. Stir in steak strips. Serve sauce over hot pasta. Note: Sauce may be simmered longer after adding spinach to reach desired consistency.

**Servings: 4**

**Preparation time: 10 minutes**

**Cooking time: 15 minutes**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	333.28
Calories From Fat (11%)	35.61
<b>% Daily Value</b>	
<b>Total Fat</b> 4.01g	<b>6%</b>
Saturated Fat 0.87g	<b>4%</b>
<b>Cholesterol</b> 40.26mg	<b>13%</b>
<b>Sodium</b> 391.72mg	<b>16%</b>
<b>Potassium</b> 1077.65mg	<b>31%</b>
<b>Carbohydrates</b> 51.42g	<b>17%</b>
Dietary Fiber 4.74g	<b>19%</b>
Sugar 4.09g	
Sugar Alcohols 0.00g	
Net Carbohydrates 46.68g	
<b>Protein</b> 24.12g	<b>48%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 pound bison sirloin steak, cut into 1/4-inch strips	0.50 x 1 lb of Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw
1 teaspoon olive oil	1 x 1 teaspoon of Oil, olive, salad or cooking
2 cans (14.5 ounce) no salt added diced tomatoes	2 x 1 can of Tomatoes, red, ripe, canned, whole, no salt added
1 teaspoon Italian seasoning	1 x 1 teaspoon of Spices, Italian seasoning
1 teaspoon black pepper	1 x 1 teaspoon of Spices, pepper, black
8 ounces sliced fresh mushrooms	8 x 1 oz of Mushrooms, raw
1/2 teaspoon salt, or to taste	0.50 x 1 teaspoon of Salt, table
8 ounces whole wheat fusilli pasta	8 x 1 ounce of Pasta, fusilli
1 bag (10 ounce) fresh spinach, chopped into 3/4 Inch strips	10 x 1 oz of Spinach, raw

## Cooking Tips

Since bison is so lean and has very little fat, it will cook faster than beef. Be careful not to overcook bison. A 3 ounce serving of bison has 143 calories, 2.42 fat grams and 82 mgs of cholesterol.

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