



# FarmFresh

## Recipes

December 2011

### Available Now...

#### Beef

The cattle industry is Colorado's largest agricultural sector. There are more than 2.6 million head of cattle and 13,000 beef producers throughout Colorado. The state ranks 10th in overall cattle numbers nationwide.



#### Fun Facts

Beef is an excellent source of protein & zinc.

A 3 oz. serving of lean beef (about the size of a deck of cards), has an average of about 150 calories and is a good or excellent source of 10 essential nutrients.

*Recipe photo and beef information courtesy of The Beef Checkoff, www.BeeffitsWhatsForDinner.com.*

### Fresh Inspirations...

#### Roast Beef Philly Wrap

##### Ingredients

- 1 10" Sun Dried Tomato Tortilla
- 4 Tbsp. Cheese Spread, Rondele or Boursin style
- 2-4 Tbsp. Creamy Horseradish Sauce
- 6 Slices Provolone Cheese
- 6 Slices Roast Beef
- 1/2 Cup Roasted Red and Green Bell Peppers, cooled
- 1/4 Cup Sautéed Yellow Onions, cooled

##### Directions

On a small cookie sheet layout the tortilla. Layer as follows: cheese spread, creamy horseradish sauce, provolone cheese, roast beef, roasted peppers, sautéed onions. Roll the tortilla tight, folding in the sides as you roll it. Slice into smaller rounds for appetizers or in half for a sandwich. Goes great with soup or a light salad.

Enjoy with a Colorado wine, such as a glass of Cabernet Franc from Garfield Estates, located in Palisade, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary LLC



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Beans