



A Nutrition Resource



ELK STEAK WITH SPAGHETTI SQUASH AND MUSHROOMS

Yield: 3 Servings | Serving Size: 1 1/4 cups

Ingredients:

- 1 medium spaghetti squash (2 lbs.)
- 2 teaspoons olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon + 1/8 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground coriander
- 1 - 8-ounce elk steak (or venison)
- 1 Tablespoon unsalted butter
- 1/3 cup yellow onion, minced
- 2 garlic cloves, minced
- 2 cups button mushrooms

Directions:

- 1) Preheat oven to 425°F.
- 2) Cut squash in half lengthwise. Use a spoon to remove seeds. Add 1 teaspoon oil and a pinch of salt and pepper to cut sides of squash. Lay squash cut side down on baking sheet and roast for 1 hour. Remove from oven when squash is fork tender. Allow to cool. Once squash is cool, use fork to scoop out flesh and place in a large bowl.
- 3) Mix oregano, garlic powder, 1/4 teaspoon salt, pepper, and coriander together in a small bowl. Rub steak with spice rub and let sit 30 minutes.
- 4) Add 1 teaspoon oil to skillet over medium heat. Once oil and skillet are hot, add steak. Sear on all sides. Remove when meat is cooked to desired doneness and let rest 10 minutes. You can also grill the steak if desired.
- 5) While meat is resting, add 1 Tablespoon butter in same skillet over medium heat. Add onion, garlic,

Nutrition Facts

2 servings per container
Serving size 4 oz steak and 1 cup vegetables (700g)

Amount per serving	
Calories	480
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 480mg	21%
Total Carbohydrate 37g	13%
Dietary Fiber 8g	29%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 6mg	35%
Potassium 1299mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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and mushrooms and sauté until mushrooms become brown. Remove from heat and add squash and 1/8 teaspoon salt to pan and toss.

- 6) Serve steak over a bed of spaghetti squash and mushrooms and enjoy!

This recipe was adapted from and used with permission by Nevadafoodie.com.

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