

# Philly Cheese Steak Sliders



As delicious as they are, Philly Cheese Steak sandwiches are notorious for their heartburn-inducing piles of greasy meat and oozing cheese on a processed white bread roll. But, with a few healthy tweaks, they can fit into your healthy eating plan. By using fresh veggies, lean sirloin steak, and smaller whole wheat rolls, you can get the same authentic flavor without the extra fat and calories.

**Total Time:** 31 min. | **Prep Time:** 15 min. | **Cooking Time:** 16 min. | **Yield:** 4 servings, 1 each

**Ingredients:**

- 2 tsp. olive oil
- 1 medium onion, sliced
- 1 medium green (or red) bell pepper, sliced
- 8 oz. sliced mushrooms
- 1 Tbsp. finely chopped fresh oregano (or 1 tsp. dried oregano leaves)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 8 oz. raw lean beef sirloin, sliced very thin
- ¼ cup sliced banana (or cherry) peppers (optional)
- 2 oz. thinly sliced provolone cheese
- 4 small whole wheat rolls, split, toasted

**Preparation:**

1. Heat oil in large nonstick skillet (or griddle) over medium-high heat.
2. Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onions are soft.
3. Add mushrooms and oregano. Season with salt and pepper if desired; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms are soft.
4. Add sirloin; cook, stirring frequently, for 3 to 4 minutes, or until beef is cooked through.
5. Top evenly with banana peppers (if desired) and cheese. Remove from heat; cover and let stand for 1 to 2 minutes, or until cheese is melted.
6. Top buns evenly with meat mixture; serve immediately.

**Tip:** To make slicing sirloin easier, freeze it for approximately 30 minutes before slicing.

## Nutrition Facts

Amount Per Serving	
Calories	313
Total Fat	15 g
Saturated Fat	6 g
Cholesterol	52 mg
Sodium	375 mg
Total Carbohydrate	25 g
Dietary Fiber	5 g
Sugars	6 g
Protein	21 g

## Portions (per serving)

P90X® + P90X2®				
½ Grain/Carb	1 Protein	1 Vegetable	½ Dairy	
P90X3®				
2 Carbs	1 Protein	1 Fat		
Body Beast®				
1 Starch	3½ Proteins	3 Vegetables		
21 Day Fix®				
1 Green	1 Red	1 Yellow	½ Blue	½ Tsp.