

BEEF AND SPINACH PINWHEEL

Ingredients:

1/2 cup chopped fresh mushrooms
1/2 cup chopped onions
1/3 cup finely chopped carrot
1 tablespoon olive oil
1 (10-oz) pkg. frozen chopped spinach, thawed and well drained
1/2 teaspoon salt
1/4 teaspoon curry powder
1/8 teaspoon white pepper
1 to 1 1/2 lb. beef flank steak

Preheat oven to 350 degrees

Saute mushrooms, onions, carrot in hot oil until tender. Add spinach, salt, curry powders and peppers, combine thoroughly and set aside.

Make shallow cuts diagonally across steak in a diamond pattern at 1-inch intervals. Repeat on second side. Pound steak into a 12X8-inch rectangle with a meat mallet. Spread spinach mixture over steak to within 1/2-inch of edges. Starting at short end, roll up steak jellyroll style; secure with wooden picks at 1-inch intervals. Cut between picks at 1-inch slices. Place slices, cut side down, on black metal tray. Cook until desired doneness is achieved.

Turn slices over after 7 minutes of cooking time.

Serve with Creamy Mustard Sauce.

CREAMY MUSTARD SAUCE

In a small bowl, combine 1/2 cup sour cream, 1/2 cup mayonnaise, 1 tablespoon Dijon mustard and 1/2 teaspoon lemon juice; blend thoroughly.

Makes 4 servings