



Grilled Stuffed Bison

Ingredients

2 cups fresh spinach, chopped

Garlic, to taste

1 tbsp. low fat or fat free feta cheese

Lean bison steak

Directions

1. Prepare grill.
2. Cut a pocket into the middle of the bison steak and set aside.
3. Spray sauce pan with non stick spray and sauté spinach and garlic until soft.
4. Add feta cheese to spinach and mix.
5. Stuff mixture into bison steak.
6. Grill steaks until preferred doneness.

Nutrition:

Calories: 240

Fat: 8g

Carbs: 3g

Protein: 38g