



Bulgogi Beef Jerky

Makes about 30 pieces
Total time: 5 hours

FREEZE:

1 flank steak (2 lb.), trimmed

WHISK:

1/2 cup low-sodium soy sauce
2 cloves garlic, crushed
1 Tbsp. brown sugar
1 Tbsp. gochugaru
1 Tbsp. grated fresh ginger
1 Tbsp. toasted sesame oil
1/2 tsp. black pepper

Freeze steak for 30 minutes, then slice with the grain into 1/4-inch-thick slices and transfer to an airtight container.

Whisk together soy sauce, garlic, sugar, gochugaru, ginger, oil, and pepper for the marinade.

Pour marinade over steak, toss to coat, then seal container. Let steak marinate in the refrigerator at least 30 minutes or up to 24 hours.

If using a dehydrator, arrange steak slices on dehydrator racks; discard marinade. Set dehydrator to 155° and dehydrate 4 hours, rotating racks halfway through.

If using the oven, preheat oven to 165° and set two wire racks inside foil-lined baking sheets. Arrange steak slices on racks and dehydrate 4–4 1/2 hours, rotating baking sheets and flipping slices halfway through. Store jerky in an airtight container in the fridge for up to 2 weeks.

Per piece: 50 cal; 2g total fat (1g sat); 20mg chol; 44mg sodium; 0g carb (0g fiber, 0g total sugars); 7g protein

Savory Spiced Nuts

Makes 4 cups
Total time: 20 minutes

WHISK:

1 Tbsp. olive oil
1 Tbsp. honey
1 Tbsp. minced fresh rosemary
2 tsp. Worcestershire or low-sodium soy sauce
1 tsp. kosher salt
1/4 tsp. black pepper
1/4 tsp. cayenne pepper

STIR IN:

1 cup raw whole almonds
1 cup raw pecan halves
1 cup raw cashews
1 cup raw shelled pistachios

Preheat oven to 350°. Coat a baking sheet with nonstick spray.

Whisk together oil, honey, rosemary, Worcestershire, salt, black pepper, and cayenne in a large bowl.

Stir in almonds, pecans, cashews, and pistachios until evenly coated.

Spread nuts on prepared baking sheet in a single layer, and bake until fragrant and golden brown, 15–17 minutes, tossing occasionally. Let nuts cool completely on baking sheet. Store nuts in an airtight container up to 2 weeks.

Per 1/4 cup: 230 cal; 20g total fat (2g sat); 0mg chol; 131mg sodium; 10g carb (3g fiber, 3g total sugars); 7g protein

