

Bistro Beef Steak

Serves 4

- ▶ 1 pound boneless beef top sirloin steak (about 3/4 inch thick), all visible fat discarded
- ▶ 2 tablespoons snipped fresh Italian or flat-leaf parsley
- ▶ 2 medium garlic cloves, minced
- ▶ 1/2 teaspoon pepper
- ▶ 1 large red onion
- ▶ 1 tablespoon olive oil
- ▶ 2 cups vegetable medley (such as green beans and sliced yellow bell pepper)
- ▶ 1/4 cup dry red wine (regular or nonalcoholic)
- ▶ 1 1/2 pounds red potatoes, steamed

Cut the steak in half lengthwise. Cut crosswise into 1/2-inch thick strips.

In a medium bowl, combine the steak, parsley, garlic, and pepper, tossing to coat. Set aside.

Cut the onion into 1/4 inch slices; separate into rings. In a large nonstick skillet, heat the oil over medium-high heat. Add the onion. Cook for 3 to 5 minutes, or until crisp-tender, stirring constantly. Transfer to a serving platter; keep warm.

In a medium saucepan, steam the vegetables until crisp-tender.

Meanwhile, in the same skillet, cook the steak over medium-high heat for 2 minutes, or until the surface is no longer pink, stirring constantly. Place the steak on the onion.

Add the wine to the skillet, scraping to dislodge any browned bits. Stir until the bits are dissolved and the liquid thickens slightly. Pour the sauce over the beef and onion. Serve with the vegetables and potatoes.



DIETARY EXCHANGES 2 Starch, 1 1/2 Vegetable, 3 Lean Meat

NUTRIENTS PER SERVING Calories 337; Total Fat 8.4 g; Saturated Fat 2.4 g; Polyunsaturated Fat 0.5 g; Monounsaturated Fat 4.5 g; Carbohydrates 37 g; Fiber 5.1 g; Cholesterol 50 mg; Protein 32 g; Sodium 64 mg; Niacin 7.7 mg; Vitamin B₆ 0.6 mg; Vitamin B₁₂ 1.4 mg; Selenium 31.9 mg; Zinc 5 mg; Iron 3.6 mg

This recipe is an excellent source of fiber, protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, zinc, and iron.