

GARLIC STEAK WITH WARM SPINACH

Total preparation & cooking time: 30 minutes



- 4-1/2 teaspoons prepared minced garlic, divided
- 2 boneless beef top loin (strip) steaks, cut 3/4 inch thick (about 8 ounces each)
- 1 cup thinly sliced red onion (half-moon shaped slices)*
- 1 package (10.5 ounces) grape tomatoes, halved
- 3/4 cup ripe pitted halved kalamata olives
- 1 package (10 ounces) fresh baby spinach

1. Press 2-1/2 teaspoons minced garlic onto beef steaks. Cover and refrigerate 30 minutes.
2. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, heat large nonstick skillet over medium-high heat until hot. Add red onion and remaining 2 teaspoons garlic; cook 2 minutes or until onion is tender, stirring constantly. Add tomatoes and olives; cook 2 minutes, stirring frequently until tomatoes are soft. Stir in spinach; cover. Remove skillet from heat.
4. Carve steaks into thin slices. Spoon spinach mixture onto 4 individual plates and top with steak slices.

Makes 4 servings

Nutrition information per serving: 282 calories; 13 g fat (3 g saturated fat; 7 g monounsaturated fat); 67 mg cholesterol; 514 mg sodium; 11 g carbohydrate; 3.2 g fiber; 28 g protein; 7.6 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 4.2 mg iron; 28.9 mcg selenium; 4.7 mg zinc; 101.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.

*For half-moon shaped slices, cut onion in half lengthwise. Place cut side down. Starting at one small end, cut into thin slices.



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