

Grilled Steaks Balsamico

Winner of the 2003 National Beef Cook-Off

Total preparation and cooking time: 30 minutes

Marinating time: 2 hours

4 beef shoulder top blade (flat iron) steaks (6 to 8 ounces each) OR boneless beef chuck eye steaks, cut 1-inch thick

Salt and freshly ground pepper

1 package (5.2 ounces) herb and garlic soft spreadable cheese

Marinade:

2/3 cup prepared balsamic vinaigrette

1/4 cup fig preserves OR chopped dried figs

1. Place marinade ingredients in blender or food processor; process until blended. Place steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator at least 2 hours.
2. Remove steaks from marinade; discard marinade. Place steaks on grill over medium, ash-covered coals. Grill steaks, covered, 10 to 14 minutes for medium rare to medium doneness, turning occasionally. Season with salt and pepper, as desired.
3. Meanwhile heat cheese in small saucepan over medium-low heat 2 to 4 minutes or until melted, stirring frequently.
4. Serve steaks with cheese sauce.

Makes 4 servings

Nutrition information per serving, using top blade: 471 calories; 36 g protein; 8 g carbohydrate; 31 g fat; 564 mg sodium; 111 mg cholesterol.

Nutrition information per serving, using chuck eye: 416 calories; 36 g protein; 8 g carbohydrate; 25 g fat; 567 mg sodium; 115 mg cholesterol.

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

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