

Steak with Sun-Dried Tomatoes

The assertive flavor of the sun-dried tomato filling is delicious with beef.

Serves: Serves 4: 1/4 pound steak per serving

Ingredients

4 sun-dried tomatoes, packed in oil
1 small carrot, shredded
1 green onion, sliced
2 teaspoons chopped fresh basil or 1/2 teaspoon dried basil, crushed
1-pound lean boneless top sirloin steak, cut 1 inch thick, all visible fat removed
1 teaspoon bottled minced garlic

Cooking Instructions

Remove as much oil as possible from tomatoes by patting them with paper towels. Coarsely chop the tomatoes. In a small bowl, combine tomatoes, carrot, green onion, and basil. Set aside.

Cut the steak in half crosswise. Cut a large slit horizontally in each half to form a pocket. Spoon the tomato mixture into the pocket. Secure opening with wooden toothpicks.

Preheat broiler.

Lightly spread each side of steak with garlic.

Place steaks on the unheated rack of a broiler pan. Broil 4 inches from the heat for 6 minutes. Turn and broil 6 to 8 minutes more or until steaks reach desired doneness.

Remove toothpicks and cut each piece of steak in half.

Nutritional Analysis per Serving

Calories: 160

Total Fat: 5g

Saturated Fat: 2g

Trans Fat: 0g

Polyunsaturated Fat: 0g

Monounsaturated Fat: 2g

Cholesterol: 46mg

Sodium: 69mg

Carbohydrates: 3g

Fiber: 1g

Sugar: 1g

Protein: 25g