

PEPPERED BEEF STEAK WITH VINAIGRETTE

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: about 1/2 hour

INGREDIENTS:

1 8-oz beef top loin OR tenderloin steak (1 - 1 1/2" thick)

1/2 tsp cracked black pepper

2 TBS white wine vinegar OR plain vinegar

2 tsp olive or cooking oil

1/2 tsp Dijon-style mustard

1/8 tsp dried rosemary, tarragon or basil, crushed

1 C fresh spinach leaves or Bibb lettuce leaves

DIRECTIONS:

Sprinkle both sides of steak with pepper, pressing into surface - broil 3-4" from heat to desired doneness, turning once (for rare: allow 8-12 minutes; for medium allow 13-17 minutes; for well-done allow 18-22 minutes) OR grill over medium-hot coals (for rare: allow 8-12 minutes; for medium allow 12-15 minutes; for well-done allow 16-20 minutes).

Meanwhile, **for vinaigrette:** in small saucepan, stir together vinegar, oil, mustard + other chosen spices - heat mixture through over medium-low heat.

To serve: arrange spinach or lettuce on individual plates. Slice steak across grain into thin slices and arrange atop spinach or lettuce. Drizzle vinaigrette over steak & spinach or lettuce.

Serves: 2

[per serving: calories: 224; protein: 25g; carbohydrates: 2g; total fat: 13g; saturated fat: 4g; cholesterol: 65mg; sodium: 123mg; potassium: 510mg]