

SuperFast

EASY
20
MINUTE
ENTRÉES

THIS MONTH | **BEEF**

Well-chosen cuts offer speed, convenience, versatility, and—most importantly—great flavor. **BY CAROLINE WRIGHT**

Grilled Polenta with Spicy Steak

Look for tubes of prepared polenta in the refrigerated part of the produce section.

4 teaspoons canola oil, divided
¾ teaspoon kosher salt, divided
½ teaspoon ground cumin
½ teaspoon chipotle chile powder
¼ teaspoon freshly ground black pepper
1 (1-pound) flank steak, trimmed
1 (18-ounce) tube of polenta, cut into 8 slices
1 ripe peeled avocado, sliced
½ cup fresh cilantro leaves
½ cup (2 ounces) crumbled queso fresco
½ cup refrigerated fresh salsa
Lime wedges (optional)

1. Heat a grill pan over medium-high heat. Combine 1 teaspoon oil, ½ teaspoon salt, cumin, chile powder, and pepper; rub evenly over steak. Add

steak to pan; cook 6 minutes on each side or until desired degree of doneness. Remove steak from pan; let stand 5 minutes. Cut steak diagonally across grain into thin slices.

2. While steak rests, brush remaining ¼ tablespoon oil over both sides of polenta slices; sprinkle evenly with remaining ¼ teaspoon salt. Add polenta to pan; cook 3 minutes on each side or until browned. Arrange 2 polenta slices on each of 4 plates; divide avocado evenly among servings. Top each serving with about 3 ounces steak, 2 tablespoons cilantro leaves, 2 tablespoons queso fresco, and 2 tablespoons salsa. Serve with lime wedges, if desired. Yield: 4 servings.

CALORIES 397; **FAT** 19.2g (sat 4.6g, mono 10.1g, poly 2.6g); **PROTEIN** 28.9g; **CARB** 24g; **FIBER** 5.1g; **CHOL** 41mg; **IRON** 3.1mg; **SODIUM** 739mg; **CALC** 70mg

NUTRITIOUS CUTS TO CONSIDER



FLANK STEAK
Great beefy flavor, tender when thinly sliced



TENDERLOIN STEAKS
Quick-cooking, versatile, and elegant



GROUND SIRLOIN
Lean choice for burgers



FLAT-IRON STEAKS
Tender and ideal for grilling

PHOTOGRAPHY: JOHN AUTRY; STYLING: CINDY BARR; FOOD STYLING: CHARLOTTE FEKETE





Balsamic Steak au Poivre

Crack the peppercorns with the back of a heavy skillet or in a mortar and pestle or spice grinder (don't grind too finely). Serve with a side of steamed haricots verts.

- 2 (8-ounce) New York strip steaks (about 1 inch thick), trimmed
- 1/4 teaspoon kosher salt
- 2 tablespoons cracked mixed peppercorns
- 1 tablespoon olive oil
- 1/3 cup finely chopped shallots
- 1/2 cup fat-free, less-sodium beef broth
- 2 tablespoons balsamic vinegar
- 1 tablespoon butter

1. Heat a large cast-iron skillet over high heat. Pat steaks dry with paper towels; sprinkle steaks evenly with salt. Press peppercorns onto both sides of

steaks. Add olive oil to pan; swirl to coat. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness. Remove steaks from pan; let stand 5 minutes. Cut each steak in half.

2. While steaks rest, add shallots to pan; cook 1 minute or until almost tender. Stir in broth and vinegar, scraping pan to loosen browned bits. Bring to a boil; cook 2 minutes or until reduced by half. Remove from heat; stir in butter. Yield: 4 servings (serving size: 3 ounces steak and 1 1/2 tablespoons sauce).

CALORIES 236; **FAT** 12.7g (sat 4.8g, mono 5.9g, poly 0.7g); **PROTEIN** 25g; **CARB** 3.6g; **FIBER** 0.1g; **CHOL** 57mg; **IRON** 1.8mg; **SODIUM** 246mg; **CALC** 26mg

Garlic-Thyme Burgers with Grilled Tomato

- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 1 pound ground sirloin
- 4 (1/2-inch-thick) slices beefsteak tomato
- 1 tablespoon Dijon mustard
- 4 (2-ounce) Kaiser rolls or other sandwich rolls
- 4 baby romaine lettuce leaves

1. Heat a grill pan over medium-high heat. Combine first 5 ingredients in a medium bowl. Divide mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Add patties to pan; cook 4 minutes on each side or until desired degree of doneness. Remove patties from pan. Add tomato slices to pan; cook 1 minute on each side. Spread about 3/4 teaspoon mustard over bottom half of each roll; top each with 1 lettuce leaf, 1 patty, 1 tomato slice, and top half of roll. Yield: 4 servings (serving size: 1 burger).

CALORIES 354; **FAT** 12g (sat 4.4g, mono 4.6g, poly 1.5g); **PROTEIN** 28.5g; **CARB** 30.9g; **FIBER** 1.9g; **CHOL** 73mg; **IRON** 4.7mg; **SODIUM** 651mg; **CALC** 101mg





Grilled Steak with Baby Arugula and Parmesan Salad

Flat-iron steaks come from the top blade portion of the chuck or shoulder section.

- 1 teaspoon chopped fresh thyme
- ¼ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper, divided
- 4 (4-ounce) flat-iron steaks
- 2 lemons, halved
- 1 tablespoon chopped fresh chives
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- ½ teaspoon Dijon mustard
- ⅛ teaspoon kosher salt
- 4 cups loosely packed baby arugula
- ¼ cup (1 ounce) shaved fresh Parmigiano-Reggiano cheese

1. Heat a grill pan over medium-high heat. Rub thyme, ¼ teaspoon salt, and ¼

teaspoon pepper over steaks. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan. Add lemon halves, cut sides down, to pan; cook 3 minutes. Cut steaks across the grain into thin slices.

2. Combine remaining ¼ teaspoon pepper, chives, and next 4 ingredients (through ⅛ teaspoon salt), stirring with a whisk. Drizzle over arugula; toss to coat. Arrange 1 steak, 1 cup arugula, and 1 lemon half on each of 4 plates; top each salad with 1 tablespoon cheese. Yield: 4 servings.

CALORIES 255; **FAT** 16.2g (sat 6g, mono 7.5g, poly 0.9g); **PROTEIN** 24.4g; **CARB** 2g; **FIBER** 0.5g; **CHOL** 75mg; **IRON** 2.9mg; **SODIUM** 376mg; **CALC** 124mg

Spicy Beef and Bell Pepper Stir-Fry

Serve with boil-in-bag brown or jasmine rice.

- 1 tablespoon canola oil
- 12 ounces flank steak, cut diagonally across the grain into thin slices
- 1 red bell pepper, cut into thin strips
- 1 yellow bell pepper, cut into thin strips
- ¼ cup less-sodium soy sauce
- 1½ tablespoons rice wine vinegar
- 1 tablespoon minced peeled fresh ginger
- 2 teaspoons chili garlic sauce (such as Lee Kum Kee)
- 4 green onions, cut into 2-inch pieces
- 2 teaspoons toasted sesame seeds

1. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add steak to pan; cook 2 minutes, searing on one side. Add bell peppers; cook 2 minutes or until beef loses its pink color, stirring constantly. Remove beef mixture from pan.

2. Add soy sauce, vinegar, ginger, and chili garlic sauce to pan; bring to a boil. Cook 1 minute or until slightly thickened. Add beef mixture and green onions to pan; toss well to coat. Sprinkle with sesame seeds. Yield: 4 servings (serving size: 1 cup).

CALORIES 216; **FAT** 11.5g (sat 3.1g, mono 5.4g, poly 1.8g); **PROTEIN** 20.8g; **CARB** 7.7g; **FIBER** 2.2g; **CHOL** 35mg; **IRON** 2.9mg; **SODIUM** 624mg; **CALC** 54mg



Seared Filet with Mixed-Herb Gremolata

A great sear on the steaks depends on getting the pan very hot and not moving the meat too much while it's cooking.

- 4 (4-ounce) beef tenderloin steaks (1 inch thick)
- ½ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 tablespoon olive oil
- 1 tablespoon grated lemon rind
- 1 teaspoon fresh lemon juice
- 1 small garlic clove, minced

1. Heat a large cast-iron skillet over high heat. Sprinkle steaks evenly with ¼ teaspoon salt and pepper. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness. Remove steaks from pan; let stand 5 minutes.

2. While steaks rest, combine remaining ¼ teaspoon salt, chopped parsley, and remaining ingredients; serve over steaks. Yield: 4 servings (serving size: 1 steak and 1½ teaspoons gremolata).

CALORIES 218; **FAT** 12.8g (sat 4.1g, mono 6.3g, poly 0.7g); **PROTEIN** 23.5g; **CARB** 1.1g; **FIBER** 0.4g; **CHOL** 71mg; **IRON** 1.8mg; **SODIUM** 284mg; **CALC** 28mg