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## Tomato-Herbed Steak

(Prep time 15 mins)

(Cook time 10 mins)

(Yield 2 servings)

8-ounce beef top loin steak, cut  $\frac{1}{4}$  inch thick\*  
1/8 t salt  
1/8 t black pepper  
2T olive oil  
¼ cup sliced green onions  
1 tbsp chopped fresh basil  
½ cup chopped tomato

\*Consider replacing steak with marinated chicken breast, fish filets or firm tofu slices for a lower saturated fat content.

### METHOD

- Cut steak in half. Sprinkle steak with salt and pepper on both sides.
- Add olive oil to a heavy medium skillet. Preheat skillet over medium-high heat.
- Add steaks; reduce heat to medium. Cook for 3-4 minutes on each side until the meat reaches the internal temperature of 155° F, turning once halfway through cooking time.
- Remove steaks from skillet and keep warm.
- Add green onions and basil to hot skillet. Cook and stir about 2 minutes or until green onions are tender. Stir in chopped tomatoes; heat through.
- Cut steak into smaller slices and plate.
- Serve tomato mixture over steaks.

Nutrient analysis: Calories 385, Total Fat 31g, Saturated Fat 9g, Total Carb 3g, Sodium 207mg

*Cooking*  
WITH *Life*  
**CHEF RAY NUTTIE**

*This recipe does not adhere to Kosher guidelines.*