

Beef Steak and Onions

Ingredients:

1/4 c Dijon-style, brown, or prepared mustard
1 tbsp honey
1 1/2 tsp snipped fresh thyme or 1/2 tsp dried thyme, crushed
1/2 tsp black pepper
1 clove garlic, minced
12 ounces boneless beef top loin steak, cut 1 inch thick
2 medium onions, cut into 1/2-inch slices

Directions:

For glaze, in a small bowl stir together mustard, honey, thyme, black pepper, and garlic. Set aside. Trim fat from steak. Place steak and onion slices on the rack of an uncovered grill directly over medium coals. Grill for 11 to 15 minutes for medium rare (145 degrees) or 14 to 18 minutes for medium (160 degrees), turning once. Brush steak and onions with glaze just before turning; generously brush with remaining glaze during the last half of grilling. To serve, thinly slice steak across the grain. Serve the steak slices with glazed onion slices.

Makes 4 Servings.

Dietary Exchanges: 1/2 Other Carbohydrate, 2 1/2 Lean Meat

Nutrients Per Serving:

164 Calories
6 g Total Fat
2 g Saturated Fat
10 g Carbohydrate
6 g Sugar
18 g Protein
43 mg Cholesterol
125 mg Sodium
1 g Fiber