

Classic Steak Diane

Looking for a classic steakhouse dinner? Steak Diane is the answer. Served with a creamy pan sauce made with mushrooms, shallots, Dijon-style mustard, and brandy, this recipe will have you skipping reservations more often.

INGREDIENTS

- 2 beef Strip Steaks, Boneless, cut 1 inch thick (8 ounces each)
- 1 teaspoon grated lemon peel
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pound sliced mushrooms
- 1/4 cup minced shallots
- 2 tablespoons brandy - You may substitute reduced-sodium beef broth for brandy.
- 1/3 cup whipping cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon-style mustard
- 1 tablespoon Worcestershire sauce



30 Min 6 42 Cal 30g
 Servings Protein

COOKING

1. Combine lemon peel, salt and pepper in small bowl; press evenly onto steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 12 to 15 minutes for medium rare (145°F) to medium doneness (160°F), turning occasionally. Remove steaks; keep warm.
2. Add mushrooms and shallots to same skillet; cook 3 minutes or until tender, stirring occasionally. Add brandy; cook and stir 1 to 2 minutes until browned bits attached to skillet are dissolved. Stir in cream, lemon juice, mustard and Worcestershire sauce; cook 3 to 5 minutes until sauce is heated through and slightly thickened. Spoon sauce over steaks.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 6 | | 18g | 100mg | | 8g | 30g | 1 | 0 |

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com