

Greek-Seasoned T-Bone Steaks With Cucumber And Tomato Salad

Who said impressive dishes have to be complicated? Iconic T-Bone Steak is grilled then sliced and served with a simple Greek salad.



INGREDIENTS

2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 1 pound each)

1 medium lemon

1 tablespoon Greek seasoning

1 medium cucumber, cut lengthwise in half, then crosswise into thin slices (about 2 cups)

2 cups halved grape tomatoes

1/3 cup crumbled feta cheese

Salt and pepper



40 Min



4

Servings



42 Cal



31g

Protein

COOKING

1. Grate peel and squeeze 1 tablespoon juice from lemon. Combine Greek seasoning and lemon peel. Reserve 2 teaspoons mixture for salad. Press remaining mixture evenly onto beef steaks.

2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Meanwhile, combine reserved 2 teaspoons seasoning mixture, lemon juice, cucumber, tomatoes and cheese in medium bowl, stirring to combine. Season with salt and pepper, as desired.

4. Remove bones; carve steaks into slices. Season with salt, as desired. Serve beef with cucumber and tomato salad.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		12g	70mg		5g	31g	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