

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		
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