

Beef Strip Steaks With Balsamic Grilled Vegetables

Try this Italian-style meat and vegetable recipe next time you're on the grill. Beef Strip Steaks and colorful vegetables are served with a balsamic vinegar reduction.



INGREDIENTS

2 beef Strip Steaks boneless, cut 1 inch thick (about 8 ounces each)

1/4 cup balsamic vinegar

2 teaspoons garlic-pepper seasoning, divided

1 medium red onion, cut into 12 wedges

1 medium yellow squash, cut lengthwise in half

1 medium zucchini, cut lengthwise in half

2 tablespoons olive oil

1/2 teaspoon fresh oregano or thyme

40 Min

4

42 Cal

24.4g

Servings

Protein

COOKING

1. Bring vinegar to a boil in small saucepan. Reduce heat; simmer about 3 minutes or until reduced by half. Set aside.

2.

Press 1 teaspoon garlic-pepper seasoning evenly onto beef Strip Steaks.

3. Soak two 10-inch bamboo skewers in water 10 minutes; drain. Thread onion wedges onto skewers. Brush onions and cut sides of squash with oil; sprinkle with remaining 1 teaspoon garlic-pepper seasoning.

4. Place steaks on grid over medium, ash-covered coals; arrange vegetables around steaks. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium doneness (160°F), turning occasionally. Grill squash 8 to 12 minutes (7 to 11 minutes for gas) and onions 12 to 15 minutes (13 to 16 minutes for gas) or until tender, turning occasionally.

5. Remove onions from skewers; toss with reduced vinegar, oregano and salt, as desired. Carve steaks into slices. Serve with onion mixture and squash; season steak and squash with salt, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13.5g	72mg		7g	24.4g	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