

Balsamic Marinated Beef Top Sirloin Steak & Asparagus

Asparagus and steak are a great combination for a quick yet impressive meal. Served with a tangy balsamic vinegar and Dijon-style mustard sauce.



INGREDIENTS

- 1 pound beef Top Sirloin Steak, cut 3/4 inch thick
- 1 pound fresh asparagus, trimmed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup balsamic vinaigrette
- 1 tablespoon Dijon-style mustard

25 Min 4 42 Cal 52g
 Servings Protein

COOKING

1. Combine marinade ingredients in small bowl. Remove and reserve 2 tablespoons. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Place asparagus in shallow microwave-safe dish; add 1/2 cup water. Cover and microwave on HIGH 3 to 6 minutes or until crisp-tender. Drain asparagus. Add reserved 2 tablespoons marinade to asparagus; turn to coat. Set aside.
3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare (145°F) doneness, turning once. (Do not overcook.)
4. During last 3 minutes of grilling, arrange asparagus on grid around steaks; grill 2 to 3 minutes, turning once. Season steaks and asparagus with salt and pepper.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 4 | | 14g | 149mg | | 7g | 52g | 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.

