

Grilled Steak & Veggies

Servings: 4

RECIPE BOX

INGREDIENTS

1 LARGE HEAD CAULIFLOWER, CHOPPED SMALL
1/4 CUP MINCED ONIONS
1/4 CUP MINCED FRESH PARSLEY or ROSEMARY
2 GARLIC CLOVES, MINCED
2 CUPS CHERRY TOMATOES, HALVED
20 OZ. GRASS FED FLAT IRON STEAK
1 TSP BUTTER
SALT AND PEPPER



DIRECTIONS:

STEP 1: Turn on broiler. Top steak with melted butter and rub in salt and pepper (both sides).

STEP 2: Place a rack on top of pan with steak placed loosely on the rack. Broil for 10 minutes, or until cooked.

STEP 3: While steak is broiling, combine cauliflower, onion, parsley, garlic, and cherry tomatoes in a saucepan. Sauté on medium-high heat until softened.

STEP 4: Serve 5 ounces of steak with 1 cup cooked vegetables.

GF This recipe is gluten free as written.

V Use large portabello mushroom steaks instead of beef.

Nutrition per Serving: Calories 408, Total Fat 26g, Carbs 15g, Protein 28g, Fiber 5g, Sugars 7g.

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