

## Greek-Seasoned T-Bone Steaks with Cucumber and Tomato Salad

**Total Recipe Time:** 35 to 40 minutes

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



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.

**Makes 4 servings**

**Cook's Tip:** To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness, turning once.

**Nutrition information per serving:** 256 calories; 12 g fat (5 g saturated fat; 5 g monounsaturated fat); 70 mg cholesterol; 219 mg sodium; 5 g carbohydrate; 1.7 g fiber; 31 g protein; 10.9 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.6 mcg vitamin B<sub>12</sub>; 4.5 mg iron; 12.5 mcg selenium; 5.9 mg zinc; 112.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, zinc and choline; and a good source of selenium.

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