

Grilled Beef Steak & Colorful Peppers

Total Recipe Time: 30 minutes

2 beef Porterhouse or T-Bone Steaks, cut 1 inch thick (about 1 pound each)
2 small red, yellow or green bell peppers, cut into quarters

Parsley Pesto:

1/2 cup packed fresh Italian parsley leaves
4 large cloves garlic, minced
3 tablespoons olive oil



1. Place pesto ingredients in small bowl of food processor or blender container. Cover; process until parsley is finely chopped, stopping and scraping side of bowl as needed.
2. Spread pesto generously on both sides of beef steaks and bell peppers. Place steaks and peppers 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 and until peppers are tender, turning occasionally.
3. Remove bones; carve steaks into slices. Season with salt and pepper, as desired. Serve beef with peppers.

Makes 4 servings

Nutrition information per serving, using Porterhouse steak: 328 calories; 22 g fat (6 g saturated fat; 13 g monounsaturated fat); 69 mg cholesterol; 79 mg sodium; 3 g carbohydrate; 1.0 g fiber; 29 g protein; 5.3 mg niacin; 0.6 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.2 mg iron; 21.7 mcg selenium; 5.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving, using T-Bone steak: 320 calories; 20 g fat (5 g saturated fat; 12 g monounsaturated fat); 61 mg cholesterol; 86 mg sodium; 3 g carbohydrate; 1.0 g fiber; 29 g protein; 5.3 mg niacin; 0.6 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.6 mg iron; 11.1 mcg selenium; 5.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of selenium.

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