

Ribeye Steaks with Fresh Tomato Tapenade

Total Recipe Time: 20 to 25 minutes

2 beef Ribeye Steaks Boneless, cut 1-inch thick (about 12 ounces each)
2 teaspoons course ground black pepper
1 teaspoon salt

Fresh Tomato Tapenade:

1 cup cherry or grape tomatoes, cut in half
1 can (2-1/4 ounces) sliced ripe olives, drained
1/4 cup chopped fresh basil
3 tablespoons shredded Parmesan cheese



1. Press pepper evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile combine Fresh Tomato Tapenade ingredients in small bowl.
4. Season steaks with salt, as desired. Top each steak evenly with Fresh Tomato Tapenade.

Makes 2 to 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 14 to 18 minutes for medium rare to medium doneness, turning once.

Nutrition information per serving (1/2 of recipe): 462 calories; 20 g fat (7 g saturated fat; 9 g monounsaturated fat); 151 mg cholesterol; 1692 mg sodium; 7 g carbohydrate; 2.6 g fiber; 6 g protein; 16.6 mg niacin; 1.3 mg vitamin B₆; 3.2 mcg vitamin B₁₂; 5.4 mg iron; 68 mcg selenium; 10.9 mg zinc.

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

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