



Bleu Cheese Petit Sirloin

Makes 2 servings

Ingredients

Two 6-oz grass-fed or organic petite sirloin steaks—;or in our case, one 8 oz, one 4 oz

Montreal steak seasoning

1/2 tsp kosher salt

1/2 tsp black pepper

1/2 tsp onion flakes

1/4 tsp garlic powder

1/4 tsp red pepper flakes

1/4 tsp thyme

1/4 tsp rosemary

1/4 tsp coriander

Cooking spray

1/2 cup Reduced-fat bleu cheese crumbles

Directions

For best results, let steak adjust to room temperature for half an hour.

1. Heat skillet on high; coat with cooking spray.
2. Rub steak with seasoning on both sides, then add to hot skillet.
3. Grill 3-4 minutes or until browned on the first side.
4. Flip steaks and top each with 1/4 cup bleu cheese.
5. Cook until the desired amount of doneness, about 3-4 minutes more for a medium rare steak. The bleu cheese will have melted to perfection over each steak.

Nutrition Facts

Calories (for 6 oz.): 325 kcal

Total fat: 12 g

Saturated fat: 6 g

Monounsaturated fat: 3 g

Trans fat: 0 g

Carbs: 0 g
Sugar: 0 g
Protein: 53 g
Sodium: 495 mg
Potassium: 776 mg