

Equatorial Steaks



Ingredients

8-ounce Laura's Lean Beef Strip Steak, cut thick (Ribeye or Sirloin Top Butt Steaks will also work)
olive oil
1 large garlic clove
3/4 cup white wine
3 fresh basil leaves
Hot Sauce (optional)

Directions

1. Paint the bottom of an iron skillet with just enough olive oil to moisten it, then gently heat a large shmooshed garlic clove in it until it's very aromatic and starting to brown.
2. Raise the heat to high, slap in the steaks, and turn them briefly until they're just browned.
3. Continued on high heat, add 3/4 cup dry white wine (1/4 cup at a time, letting it reduce completely between each addition), along with several crushed leaves of fresh basil.
4. Shoot for reducing all the wine in about 6-7 minutes, which should find 1-inch steaks nicely medium-rare at the center.
5. Remove the steaks to a warm serving plate and deglaze the skillet with about 1/2 cup warm water to make a light sauce. Pour the sauce over the steak.
6. Serve with your choice of hot sauce on the side for optional use.

Makes 2 servings

Cooking Tip: Any dry white wine will do for this recipe. And if you don't have fresh basil, you can substitute 1 teaspoon dried basil.

Nutritional Analysis Per Serving

Using Laura's Lean Strip Steak

CALORIES 218 (23% from fat); FAT 5.6g (sat 2.1g); PROTEIN 26.2g; CARB 1.2g; FIBER 0.1g; CHOL 55mg; IRON 10.3mg; SODIUM 75mg.

Diabetic Exchanges: 4 lean meat