

Garden Herb Top Loin Steaks

Total Recipe Time: 35 to 40 minutes

- 2 boneless beef top loin (strip) steaks, cut 1-inch thick (about 10 ounces each)
- Salt

Seasoning:

- 2 tablespoons chopped fresh thyme
- 1 tablespoon chopped fresh oregano
- 2 teaspoons freshly grated lemon peel
- 3 cloves garlic, chopped
- 1/4-teaspoon pepper



1. Combine Seasoning ingredients in small bowl; reserve 2 teaspoons for garnish. Press remaining seasoning evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 15 to 18 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare to medium doneness, turning occasionally.
3. Carve steaks into slices. Sprinkle with reserved seasoning and salt, as desired.

Makes 4 servings

***Nutrition information per serving:** 219 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 84 mg cholesterol; 64 mg sodium; 1 g carbohydrate; 0.4 g fiber; 31 g protein; 8.9 mg niacin; 0.7 mg vitamin B₆; 1.8 mcg vitamin B₁₂; 2.2 mg iron; 36.2 mcg selenium; 5.8 mg zinc.*

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

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