

Sirloin with Tomato, Olive and Feta Topping

SIRLOIN WITH TOMATO, OLIVE AND FETA TOPPING

From American Heart Association Low-Salt Cookbook, 3rd Edition

Serves 4; 3 ounces meat and ½ cup topping per serving

- 2 medium garlic cloves, minced
- 1 teaspoon dried oregano, crumbled
- 1 teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- ¼ teaspoon pepper
- 1 pound boneless top sirloin steak, all visible fat discarded, cut into 4 pieces

Topping

- 2 cups grape tomatoes or cherry tomatoes, halved
- 2 tablespoons chopped kalamata olives, rinsed and drained
- 2 tablespoons crumbled reduced-fat feta cheese, rinsed and drained
- 1 tablespoon red wine vinegar
- Vegetable oil spray

In a large airtight plastic bag, combine the garlic, oregano, lemon zest, lemon juice and pepper. Add the steak and turn to coat. Seal the bag and refrigerate for 30 minutes to 8 hours, turning occasionally. Meanwhile, in a medium bowl, stir together the topping ingredients. Cover and refrigerate until ready to serve.

(over)

Drain the steaks. Discard the marinade. Heat a large nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the steaks for 4 to 5 minutes on each side, or until the desired doneness. (Or grill or broil 5 to 6 inches from the heat as directed.) To serve, place each steak on a plate. Spoon the topping over each serving.

Nutrition Analysis Per Serving

CALORIES	187
TOTAL FAT.....	6.5 g
Saturated	2.0 g
Polyunsaturated	0.5 g
Monounsaturated	2.5 g
CHOLESTEROL	48 mg
SODIUM	145 mg
CARBOHYDRATES	6 g
FIBER	1 g
SUGARS.....	3 g
PROTEIN.....	26 g
CALCIUM	23 mg
POTASSIUM	565 mg

Dietary Exchange: 1 vegetable; 3 lean meat

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