

RIBEYE STEAKS WITH SAUTÉED GRAPE TOMATOES AND BRIE

Total preparation and cooking time: 25 to 30 minutes

- 2 beef ribeye steaks, cut 1-inch thick (about 12 ounces each)**
- 2 cups grape tomato halves (about 10 ounces)**
- 3 tablespoons water**
- 3 teaspoons minced prepared roasted garlic, divided**
- 4 ounces Brie cheese, shredded**
- 2 tablespoons thinly sliced fresh basil**
- Fresh basil (optional)**

1. Combine tomatoes, water and 1 teaspoon garlic in large nonstick skillet. Cook, covered, over medium heat 4 to 5 minutes or until tomatoes are tender, stirring often. Season with salt and pepper, as desired. Remove from skillet; keep warm. Carefully wipe out skillet with paper towels.
2. Press remaining 2 teaspoons garlic evenly onto beef steaks. Place steaks in skillet over medium heat; cook 12 to 15 minutes for medium rare to medium doneness, turning occasionally.
3. Carve steaks into slices; season with salt and pepper, as desired. Add cheese and basil to tomatoes; stir until well combined. Serve immediately with beef. Garnish with additional basil, if desired.

Makes 2 to 4 servings.

Cook's Tip: Two beef top loin (strip) steaks, cut 1 inch thick, may be substituted for ribeye steaks. Cook 12 to 15 minutes, turning occasionally.

Cook's Tip: To make Brie cheese easier to shred, place in freezer for about 30 minutes.

Nutrition information per serving (1/2 of recipe): 516 calories; 28 g fat (14 g saturated fat; 9 g monounsaturated fat); 166 mg cholesterol; 453 mg sodium; 7 g carbohydrate; 1.8 g fiber; 55 g protein; 13.5 mg niacin; 1.2 mg vitamin B₆; 3.3 mcg vitamin B₁₂; 3.5 mg iron; 59.1 mcg selenium; 9.5 mg zinc.

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

Nutrition information per serving (1/4 of recipe): 258 calories; 14 g fat (7 g saturated fat; 4 g monounsaturated fat); 83 mg cholesterol; 226 mg sodium; 4 g carbohydrate; 0.9 g fiber; 28 g protein; 6.7 mg niacin; 0.6 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 1.8 mg iron; 29.5 mcg selenium; 4.7 mg zinc.

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