

Beef, Grill

Dijon Pesto Steak

Winn-Dixie Stores

Servings: 4

1/3 cup fresh basil or parsley, finely chopped

1/3 cup walnuts, finely chopped

1/4 cup Dijon mustard

1 clove garlic, crushed

1 1/2 pounds boneless top round steak, about 1/4-inch thick

In a small bowl, mix the basil, walnuts, mustard and garlic. Set aside.

Grill the steak for 10 to 12 minutes, turning once.

Spread the top of the steak with the basil mixture.

Grill an additional 2 to 3 minutes or until lightly browned and the meat is cooked to desired doneness.

Per Serving (excluding unknown items): 75 Calories; 6g Fat (71.9% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 188mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.