

Philly Cheesesteaks

*Chef Michael Symon - "Michael Symon's 5 in 5"
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Servings: 4

*1 pound ribeye steak, thinly sliced
Kosher salt
freshly ground pepper
4 tablespoons olive oil, divided
2 cups (one large) yellow onion, thinly sliced
2 cups (8 ounces) button mushrooms, thinly sliced
4 slices provolone cheese
4 hoagie or hero rolls, split and toasted*

Preparation Time: 20 minutes

Set a large skillet over high heat. Season the steak slices on both sides with salt and pepper. Add three tablespoons of oil to the preheated pan and then add the steak. Cook until browned, about 30 seconds. Flip the slices and cook another 30 seconds. Transfer to a plate.

Reduce the heat to medium-high. Add the remaining oil and then the onion, mushrooms and a pinch of salt. Cook until the vegetables soften and begin to caramelize, about 3 minutes.

Divide the vegetables in the skillet into four equal piles. Divide the steak into four portions and top each veggie pile with one portion of steak and then one slice of provolone cheese.

Reduce the heat to low. Add two tablespoons of water to the pan. Cover and cook until the cheese is fully melted, about 30 seconds.

Pack one pile of veggies, meat and cheese into each roll.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 613 Calories; 49g Fat (71.2% calories from fat); 35g Protein; 9g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 1159mg Sodium. Exchanges: 4 Lean Meat; 1 Vegetable; 7 Fat.

Sandwiches

Calories (kcal): 613
% Calories from Fat: 71.2%
% Calories from Carbohydrates: 6.0%
% Calories from Protein: 22.7%
Total Fat (g): 49g
Saturated Fat (g): 24g
Monounsaturated Fat (g): 20g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 91mg
Carbohydrate (g): 9g
Dietary Fiber (g): 1g
Protein (g): 35g
Sodium (mg): 1159mg
Potassium (mg): 398mg
Calcium (mg): 1011mg
Iron (mg): 5mg
Zinc (mg): 5mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1076IU
Vitamin A (r.e.): 322RE

Vitamin B6 (mg): .2mg
Vitamin B12 (mcg): 1.9mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .6mg
Folacin (mcg): 32mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 613 **Calories from Fat:** 436

% Daily Values*

Total Fat 49g 75%
 Saturated Fat 24g 122%
Cholesterol 91mg 30%
Sodium 1159mg 48%
Total Carbohydrates 9g 3%
 Dietary Fiber 1g 6%
Protein 35g

Vitamin A 22%
Vitamin C 8%
Calcium 101%
Iron 28%

* Percent Daily Values are based on a 2000 calorie diet.