

Bistro Beef Tapenade

ROXANNE CHAN, California

Total Recipe Time: 30 minutes

Makes 4 servings

2 beef shoulder top blade (flat iron) steaks (about 8 ounces each)

4 large (½-inch thick) slices eggplant

2 tablespoons olive oil, divided

½ **teaspoon** pepper

¼ **cup** olive tapenade

2 tablespoons chopped fresh oregano

4 large (¼-inch thick) slices tomato

1 small zucchini, shredded

Fresh oregano springs (optional)

Nutrition information per serving: 317 calories; 22 g fat (6 g saturated fat; 9 g monounsaturated fat); 71 mg cholesterol; 212 mg sodium; 7 g carbohydrate; 3.7 g fiber; 23 g protein; 4.0 mg niacin; 0.5 mg vitamin B6; 5.0 mcg vitamin B12; 3.2 mg iron; 32.4 mcg selenium; 8.0 mg zinc.

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

1. Brush eggplant with 1 tablespoon oil and season eggplant and beef steaks with pepper; place steaks and eggplant in center on grid over medium, ash-covered coals. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally; grill eggplant 6 to 8 minutes (gas grill times remain the same) or until tender.
2. Meanwhile, combine tapenade, remaining 1 tablespoon oil and chopped oregano in small bowl. Carve steaks into thin slices; season beef and eggplant with salt, as desired.
3. Place eggplant slices on plates; layer evenly with beef, tomato and zucchini. Spoon tapenade mixture on top; garnish with oregano sprigs, if desired.

