

Grilled Steak & Plum Pizzettes

VERONICA CALLAGHAN, Connecticut

Total Recipe Time: 30 minutes

Makes 4 servings

2 boneless beef top loin (strip) steaks, cut $\frac{3}{4}$ inch thick (8 ounces each)

1 pound refrigerated whole wheat pizza dough

All-purpose flour

2 firm red plums, each cut into 12 wedges

$\frac{1}{2}$ **teaspoon** pepper

1 tablespoon extra-virgin olive oil

2 tablespoons honey

$\frac{1}{2}$ **cup** crumbled blue cheese

2 tablespoons coarsely chopped roasted salted pistachio nuts

Nutrition information per serving: 563 calories; 20 g fat (6 g saturated fat; 7 g monounsaturated fat); 69 mg cholesterol; 801 mg sodium; 63 g carbohydrate; 8.9 g fiber; 38 g protein; 7.4 mg niacin; 0.6 mg vitamin B6; 1.6 mcg vitamin B12; 4.8 mg iron; 31.7 mcg selenium; 5.2 mg zinc.

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

1. Divide pizza dough into 4 equal pieces; flatten or roll each into 6 to 8-inch round, lightly dusting work surface with flour, if necessary. Thread 6 plum wedges onto each skewer and press pepper evenly onto beef steaks.
2. Place steaks and plums on grid over medium, ash-covered coals; grill steaks, uncovered, 10 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and grill plums 3 to 6 minutes (gas grill times remain the same) until softened and beginning to brown, turning once. Brush dough rounds with oil and place on grid over medium, ash-covered coals; grill, uncovered, 4 to 6 minutes (gas grill times remain the same) until grill marks appear, turning once.
3. Arrange 6 plum wedges on each crust, drizzling plums with honey; carve steaks into $\frac{1}{4}$ -inch slices, seasoning with salt, as desired, and arrange beef on pizzettes. Sprinkle pizzettes with cheese and nuts; place on grid and grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, covered, 2 to 4 minutes) until cheese starts to melt.

