

Sonoma Steaks with Vegetables Bocconcini

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Total Recipe Time: 30 minutes

Marinade Time: 15 minutes to 2 hours

Makes 4 servings



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

1 container (9 to 16 ounces) herb-marinated small fresh mozzarella balls (bocconcini)

3 tablespoons balsamic vinegar

1 medium zucchini, cut diagonally into $\frac{1}{4}$ -inch thick slices

1 large yellow bell pepper, cut into $\frac{3}{4}$ -inch wide strips

1 cup small red grape tomatoes

Nutrition information per serving:

380 calories; 21 g fat (12 g saturated fat; 3 g monounsaturated fat); 106 mg cholesterol; 152 mg sodium; 8 g carbohydrate; 1.8 g fiber; 38 g protein; 8.0 mg niacin; 0.8 mg vitamin B6; 1.4 mcg vitamin B12; 2.4 mg iron; 29.0 mcg selenium; 4.9 mg zinc.

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

1. Drain bocconcini, reserving and combining $\frac{1}{3}$ cup marinade and vinegar in small bowl; toss zucchini and bell pepper with 2 tablespoons marinade mixture, refrigerating until ready to use. Place beef steaks and remaining marinade mixture in food-safe plastic bag, closing bag securely; marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks and vegetables from marinade, discarding marinade. Place steaks on one half of grid over medium, ash-covered coals; place vegetables in grill basket on other half of grid. 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. Grill vegetables 10 to 13 minutes or until crisp-tender, stirring occasionally, adding tomatoes during last 2 minutes of grilling.
3. Combine grilled vegetables and bocconcini in large bowl, tossing gently to combine, and carve steaks into slices, seasoning with salt, as desired. Serve beef with vegetable mixture.

