



Roast Pepper and Onion Steak

Makes 4 servings

Ingredients

1 red pepper, halved lengthways with seeds and membranes removed
1 medium onion, peeled and sliced

1 tablespoon fresh oregano, chopped
4 small (5 ounce) ribeye steaks
cooking spray

Instructions

1. Preheat oven to 400 degrees.
2. Coat a non-stick baking pan with cooking spray.
3. Place peppers and onions on pan, sprinkle with oregano and bake 12 minutes or until lightly browned.
4. Slice the pepper into strips.
5. Grill the steak until cooked to desired doneness.
6. Serve topped with peppers and onions.

Nutrition Facts

Serving size: 1 steak; calories: 237; fat: 10g; saturated fat: 4g; cholesterol: 68mg; sodium: 89mg; carbohydrates: 4g; dietary fiber: 1g; protein: 32g; sugar: 0

Recipe adapted from www.healthdiscovery.net

