



Deluxe Steak Dinner for Two



1/2 of recipe (1 filet with about 1/3 cup mushrooms and 3/4 cup mashies): 378 calories, 11.5g total fat (4g sat. fat), 731mg sodium, 24.5g carbs, 3.5g fiber, 5g sugars, 45g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

Mashies

6 oz. russet potato (about half a medium potato)
1 1/2 cups cauliflower florets
2 tbsp. light sour cream
1 1/2 tsp. light whipped butter or light buttery spread
1/8 tsp. each salt and black pepper

Steaks & Mushroom Topping

Two 6-oz. raw lean beefsteak filets
1/8 tsp. black pepper
1/4 tsp. salt
2 cups sliced brown mushrooms
2 tbsp. sherry cooking wine
1 1/2 tsp. light whipped butter or light buttery spread
Dash ground thyme

Directions

Bring a medium-large pot of water to a boil. Meanwhile, peel and cube potato.

Add cauliflower and potato. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Meanwhile, cook steaks and topping. If needed, pound steaks to an even thickness. Season with pepper and 1/8 tsp. salt. Bring a large skillet sprayed with nonstick spray to medium heat. Cover and cook filets for about 4 minutes per side, or until cooked to your preference. Plate steaks.

Remove skillet from heat; clean, if needed. Re-spray, and bring skillet to medium-high heat. Add mushrooms and remaining 1/8 tsp. salt. Cook and stir until softened and lightly browned, 4 - 6 minutes. Add sherry, butter, and thyme. Cook and stir until butter has melted, mixed with sherry, and evenly coated mushrooms, about 1 minute. Spoon over steaks.

Drain cauliflower and potato, and transfer to a large bowl. Add remaining mashie ingredients. Thoroughly mash and mix.

Serve steaks with mashies.

MAKES 2 SERVINGS

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