



## A Healthier Steak and Potatoes Meal

If you're on a low-carb diet or just trying to enjoy lower calorie versions of your favorite meals, you might enjoy this steak and "potatoes" substitute.

### Cauliflower Mashed "Potatoes"

#### Ingredients

- 1 head cauliflower, cut into florets
- 1 tablespoon vegetable oil
- 2 cloves garlic, smashed
- ¼ cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- ½ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper

#### Directions

1. Place a steamer insert into a saucepan; fill with water just below the bottom of the steamer. Bring water to a boil; add cauliflower, cover, and steam until tender, about 10 minutes.

2. Meanwhile, heat oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.

3. Transfer 1/2 of the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets a few at a time until you have a creamy consistency. Blend in cooked garlic, Parmesan cheese, cream cheese, salt, and black pepper.



### Pan-seared Sirloin Steak

#### Ingredients

- 8-10 oz sirloin steak
- Salt and pepper
- 1 tablespoon oil

#### Directions

1. Season the raw steak with salt and pepper to your taste.

2. Let sit on counter for up to 30 mins – a cold steak fresh from the fridge will not sear as well.

3. Heat your pan on medium high heat, then add a tablespoon of oil

4. Lay the steak into the pan and let sear for 2 minutes on each side.

5. After searing on both sides, continue to cook until the steak is to your liking. Test with a meat thermometer to determine when the steak is done:

- Rare. Cool red center. 120° F
- Medium Rare. Warm red center. 130° F
- Medium. Warm pink center. 140° F
- Medium Well. Slightly pink center. 145° F
- Well Done. Little or no pink. 160°

6. Remove steak from pan and let rest for 5 minutes before slicing into two portions. The recommended portion size is 3-4 oz.

## Lemony Garlic Asparagus

### Ingredients

- 1 bundle asparagus
- 1 tablespoon oil
- 2 cloves of garlic
- Pepper
- 1 tablespoon lemon juice

### Instructions

1. Trim woody ends of asparagus, and cut remaining stalk into thirds.

2. Heat pan on medium-high until hot, then add 1 tablespoon oil.

3. Cook asparagus for 3-4 minutes or until it begins to turn bright green.

4. Add garlic and cook until fragrant and soft.

5. Add lemon juice and mix asparagus, garlic, and lemon juice well.

6. Remove from heat when asparagus is bright green and slightly soft but still crunchy.

If you prefer, you can cook asparagus until fully soft, but make sure not to burn the garlic or it will turn bitter.

Plate your meal with a 3-4 oz serving of the steak (about the size of a deck of cards), and up to a cup each of the mashed cauliflower and asparagus.

