

## **T-Bone Steak & Grilled Vegetables**

*Total Preparation and Cooking Time: 30 minutes*

### **Ingredients:**

- \*1 beef T-bone or porterhouse steak, cut 1 inch thick (about 1 pound)
- \*1 large all-purpose potato
- \*2 teaspoons olive oil
- \*1/2 teaspoon dried Italian seasoning, crushed
- \*1 medium yellow squash, cut lengthwise in half
- \*1 small red bell pepper, cut lengthwise into 6 pieces
- \*2 tablespoons grated Parmesan cheese
- \*Salt and pepper

Pierce potato with fork. Microwave on **HIGH** for 3-4 minutes; cool slightly. Cut lengthwise into 4 wedges.

Combine oil and Italian seasoning; brush on cut surfaces of potato.

Brush vegetables with oil-seasoning mixture.

Place well-trimmed steak and vegetables over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes for medium rare to medium doneness and until vegetables are tender, turning occasionally. About 5 minutes before vegetables are done, sprinkle with cheese.

\* (Broiler Option: Place beef steak and vegetables on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness and until vegetables are tender, turning once. )

Remove bone; carve steak into thick slices. Season beef with salt and pepper, as desired. Serve with vegetables.

*Makes 2 servings. Nutrition Information per serving: 461 calories; 37 g protein; 39 g carbohydrate; 18 g fat; 190 mg sodium; 90 mg cholesterol; 8 mg niacin; 1 mg vitamin B6; 3 mg vitamin B12; 6 mg iron; 7 mg zinc.*