

Steak & Roasted Potatoes – from the Kitchen of Gail Johnson

Admittedly this traditional dish is relatively high in fat and calories – but it's so delicious.

- 1½ pounds small red potatoes, sliced ¼-inch thick**
- 4 tablespoons extra-virgin olive oil**
- 1 strip steak (about 1 inch thick; 1 to 1½ pounds total)**
- 1 bunch broccoli rabe**

- 1. Heat oven to 425° F. On a large rimmed baking sheet, toss the potatoes, 2 tablespoons olive oil, salt and pepper. Roast until crisp and golden, about 30 minutes.**
- 2. Heat 2 tablespoons of oil in a large cast-iron skillet over medium-high heat. Season both sides of the steak with salt and pepper. Cook steak until a meat thermometer shows the internal temperature has reached 129 to 135° F. Transfer steak to a cutting board and allow it to rest for 10 minutes.**
- 3. Wipe the skillet clean (or use a clean pot). Add broccoli rabe and ½-cup of water and simmer, covered, until tender, about 3 minutes.**
- 4. Slice the steak and serve with potatoes and broccoli rabe.**

Serves 4. About 565 Calories per serving (using 1 lb steak)
About 735 Calories per serving (using 1½ lbs of steak)



