



One-Pan Italian Steak & Parsnip Fries

Prep: 15 minutes

Broil: 15 minutes • Serves: 4

Nonstick cooking spray

- 1 pint (10 ounces) cherry tomatoes
- 2 shallots, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon ground black pepper
- 6 parsnips, peeled and cut into $\frac{1}{4}$ -inch-thick strips
- 1 tablespoon no salt added Italian medley seasoning
- $1\frac{1}{4}$ pounds boneless top sirloin steaks
- 1 cup arugula
- 1 tablespoon balsamic vinegar
- 2 tablespoons grated Parmesan cheese

1. Preheat broiler to high. Spray large rimmed baking pan with cooking spray.

2. In medium bowl, toss tomatoes, shallots, 1 tablespoon oil, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper; spread in single layer on 1 side of prepared pan. In same bowl, toss parsnips, seasoning, remaining 1 tablespoon oil and $\frac{1}{4}$ teaspoon salt; spread in single layer on opposite side of pan. Broil 8 minutes or until parsnips and shallots are golden brown and tomatoes char, stirring parsnips once.

3. Pat steaks dry with paper towel; sprinkle with remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Push vegetables to 1 side of pan; place steak on opposite side of pan. Broil 5 minutes or until internal temperature of steaks reaches 135° for medium-rare, turning once. Transfer steaks to cutting board; cover loosely with aluminum foil and let stand 5 minutes. (Internal temperature will rise 5 to 10° upon standing.)

4. Stir arugula and vinegar into tomato mixture; sprinkle parsnips with cheese. Thinly slice steaks across the grain; serve topped with tomato mixture along with fries.

Approximate nutritional values per serving:

505 Calories, 25g Fat (8g Saturated), 106mg Cholesterol, 715mg Sodium, 36g Carbohydrates, 8g Fiber, 12g Sugars, 0g Added Sugars, 35g Protein

Chef Tip

Use a mandolin with the largest julienne blade to cut the parsnips.

Dietitian's Dish

> Parsnips look like large cream-colored carrots. Select ones that are firm and dry, without pits. Smaller sizes may be more tender and flavorful. They'll add a good source of vitamin C, folate, and fiber to any meal.