



## CUMIN-CORIANDER SIRLOIN STEAK

Basic Lifestyle

### Ingredients:

Cooking spray  
1 TBS brown sugar substitute  
½ TSP salt (Morton's Lite, 50% less sodium)  
½ TSP ground cumin  
½ TSP ground coriander seeds  
1/4 TSP ground red pepper  
1 lbs. boneless sirloin steak (about 1-1/4 inches thick), trimmed

### Instructions

1. Preheat oven to 450°.
2. Coat an 8-inch cast-iron skillet with cooking spray. Place the pan in a 450° oven for 5 minutes.
3. Combine brown sugar and next 4 ingredients (brown sugar through pepper); rub over both sides of steak. Place steak in preheated pan.
4. Bake at 450° for 7 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

### Portion-Per-Serving Information (Yields 4 servings)

Serving = 4 oz. steak = 1 P