



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
¼ TSP ground red pepper
1 lbs. boneless sirloin steak (about 1-1/4 inches thick), trimmed

INSTRUCTIONS

—Preheat oven to 450°.

—Coat an 8-inch cast-iron skillet with cooking spray. Place the pan in a 450° oven for 5 minutes.

—Combine brown sugar and next 4 ingredients (brown sugar through pepper); rub over both sides of steak. Place steak in preheated pan.

—Bake at 450° for 5 minutes (3 minutes if you like it rare) on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

SERVING INFO: (Yields 4 servings)

3 oz. steak = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).