

Parmesan-Crusted Cubed Steaks With Zucchini Ribbons

A Parmesan cheese and bread crumb coating give these Cubed Steaks a familiar crunch, while beautiful zucchini ribbons provide a fresh side dish.



INGREDIENTS

- 4 beef Cubed Steaks (about 4 ounces each)
- 3 medium zucchini - For best results, use the seedless portion of the zucchini for making ribbons.
- 1/3 cup water
- 2/3 cup seasoned dry bread crumbs
- 2/3 cup grated Parmesan cheese, divided
- 2 tablespoons plus 2 teaspoons vegetable oil, divided

			
40 Min	4	42 Cal	35g
	Servings		Protein

COOKING

1. Pull vegetable peeler lengthwise along zucchini to create thin ribbons, rotating zucchini after every 4 to 6 ribbons to keep slices uniform. Set aside.
2. Pour water in shallow dish. Combine bread crumbs and 1/3 cup cheese in second shallow dish. Dip each beef steak into water, then into bread crumb mixture turning to coat both sides.
3. Heat 1 tablespoon oil in large nonstick skillet over medium to medium-high heat until hot. Place 2 steaks in skillet; cook 5 to 6 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning once. Remove steaks; keep warm. Repeat with 1 tablespoon oil and remaining steaks, adjusting heat as necessary to avoid over browning.
4. Carefully wipe out skillet with paper towels. Heat remaining 2 teaspoons oil in skillet over medium-high heat until hot. Add zucchini; cook and stir 1 to 2 minutes or until just tender. Remove from heat; season with salt and pepper, as desired. Toss with remaining 1/3 cup cheese; serve with steaks.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		22g	85mg		19g	35g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

