

## Spicy Korean Beef & Amp; Cucumber Appetizers

Slices of cucumber are topped with beef Strip Steak, herbed cream cheese and a spicy Asian Sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association<sup>®</sup>.

## **INGREDIENTS**

2 beef Strip Steaks Boneless, 1 inch thick (about 1 pound)

 $1/2\ \text{cup}\ \text{reduced-fat}\ \text{cream}\ \text{cheese,}\ \text{softened}$ 

1/4 cup sliced green onions

1/4 cup chopped fresh cilantro leaves

1 teaspoon reduced-sodium soy sauce

 $1\,{\rm seedless}$  cucumber, sliced 1/8 inch thick (18 to 24 slices)

1/4 cup Korean red chili sauce (Gochujang)

1/4 cup unseasoned rice vinegar

1 tablespoon honey

1/2 teaspoon garlic powder

Micro greens, chopped kimchi, chopped roasted peanuts, toasted sesame seeds, shredded carrots, chopped cilantro, sliced scallions

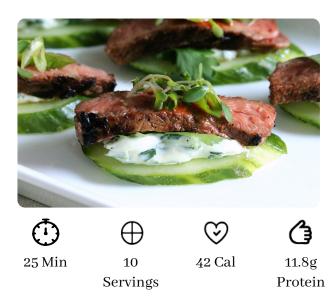
## COOKING

1. Combine cream cheese, green onion, cilantro and soy sauce in small bowl. Cover and refrigerate.

2. Combine gochujang, vinegar, honey and garlic powder in medium bowl; set aside.

3. Place steak on grid over medium, ash-covered coals. Grill, covered 11 to 14 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.

4. To assemble, top each cucumber slice with 1 teaspoon cream cheese mixture. Dice steak into bite-size pieces; toss in gochujang mixture. Top cream cheese mixture with steak. Garnish with micro greens, kimchi, peanuts, sesame seeds, cilantro and scallions, if desired.



## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL	
10		4.9g	37.4mg		7.7g	11.8g	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.

 $Courtesy \ of \ BeefIts Whats For Dinner.com$