

Spicy Korean Beef & 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®.

INGREDIENTS

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

1/2 cup reduced-fat cream cheese, softened

1/4 cup sliced green onions

1/4 cup chopped fresh cilantro leaves

1 teaspoon reduced-sodium soy sauce

1 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



25 Min



10
Servings



42 Cal



11.8g
Protein

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		
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 BeefItsWhatsForDinner.com