

Beef Crostini With Parmesan Crisps And Balsamic Drizzle

This appetizer recipe is perfect for your upcoming holiday parties. Flavorful steak meets cream cheese and a tangy balsamic sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

INGREDIENTS

2 beef Strip Steak, Boneless, cut 1 inch thick (about 1-1/4 pounds)

1/4 cup freshly grated Parmesan cheese

3/4 teaspoon all-purpose flour

12 slices thin white bread, crusts removed

1-1/2 teaspoons coarse grind black pepper

4 ounces light garlic and herb cheese spread, slightly softened

1 tablespoon balsamic syrup

24 leaves arugula leaves



25 Min



12
Servings



42 Cal



14.5g
Protein

COOKING



1. Heat oven to 350°F. Combine Parmesan cheese and flour in small bowl; toss to mix well. Spray baking sheet with nonstick cooking spray. Sprinkle Parmesan mixture evenly into 8-inch circle on baking sheet. Bake in center of 350°F oven 6 to 8 minutes or until melted and light brown. Cool 2 minutes on baking sheet, then remove to wire rack to cool completely. Break into 24 irregular-shaped pieces. Set aside.

2. Cut each bread slice diagonally in half. Place in single layer on baking sheet. Bake in 350°F oven about 6 minutes or until lightly toasted but not brown. Set aside.

3. Press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks into thin slices.

4. Meanwhile, spread 1 teaspoon cheese spread onto each bread piece; top with 2 to 3 steak slices. Drizzle balsamic syrup over beef; top with Parmesan crisp and arugula leaf.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
12		5.8g	40mg		9g	14.5g	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