mediterranean ribeye steaks with pierogies à la vodka

TOTAL TIME
25 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Complete your meal with fresh salad blend, garlic bread, and cheesecake for dessert. Want to grill instead? Grill steaks until close to desired doneness. Prepare feta topping and add to top of steaks during last few minutes of grill time.

SHOPPING LIST

Dairy
1/4 cup crumbled feta cheese
1 tbsp shredded Parmesan cheese

Dry Grocery
1/4 cup Italian bread crumbs
2 tbsp sun-dried tomato pesto
1 1/2 cups vodka pasta sauce

Frozen
1 (16-oz) package potato/Cheddar pierogies

Meat
1 1/2 lb boneless beef ribeye steaks

Produce
3 cups fresh spinach
2 tbsp pine nuts
1/4 cup pre-diced red onions

From Your Pantry
2 tbsp butter

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COOKING SEQUENCE

- Prepare steaks through step 1 - 5 minutes
- Prepare pierogies and begin to bring to boil - 10 minutes
- Complete steaks and pierogies; serve - 10 minutes

mediterranean ribeye steaks

INGREDIENTS

3 cups fresh spinach leaves, coarsely chopped
1 1/2 lb boneless beef ribeye steaks
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon butter
1/4 cup pre-diced red onions
1/4 cup crumbled feta cheese
1/4 cup Italian bread crumbs
2 tablespoons sun-dried tomato pesto

PREP

- Chop spinach; place in microwave-safe bowl.

STEPS

1. Cover spinach; microwave on HIGH 2–3 minutes or until tender. Drain thoroughly.
2. Preheat large sauté pan on medium 2–3 minutes. Cut steaks into 4 portions; sprinkle both sides with salt and pepper (wash hands). Place butter in pan, then add steaks and onions; cook steaks 5–6 minutes on each side or until 145°F (for medium-rare). Stir feta cheese, bread crumbs, and tomato pesto into spinach.
3. Spread 1/4 cup spinach mixture over top of steaks during last two minutes of steak cook time. Carefully turn steaks and spinach mixture over to heat topping; cook 1–2 more minutes or until golden and slightly crusty. Gently turn steaks over and serve. NOTE: This topping may also be browned, using an oven broiler.

CALORIES (per 1/4 recipe) 400kcal; FAT 22g; CHOL 100mg; SODIUM 550mg; CARB 8g; FIBER 1g; PROTEIN 39g; VIT A 45%; VIT C 10%; CALC 8%; IRON 30%

pierogies à la vodka

INGREDIENTS

1 (16-oz) package frozen potato/Cheddar pierogies
1 cup water
1 tablespoon butter
1 1/2 cups vodka pasta sauce
2 tablespoons pine nuts
1 tablespoon shredded Parmesan cheese

STEPS

1. Combine pierogies, water, and butter; cover and bring to boil on medium-high. Boil and stir 2–3 minutes.
2. Remove lid; boil and stir 1–2 more minutes or until most of liquid is absorbed.
3. Gently stir in pasta sauce; reduce heat to medium. Cook and stir 3–4 minutes or until hot and sauce begins to thicken. Stir in pine nuts and sprinkle with cheese; serve.

CALORIES (per 1/4 recipe) 340kcal; FAT 15g; CHOL 25mg; SODIUM 910mg; CARB 42g; FIBER 3g; PROTEIN 8g; VIT A 10%; VIT C 10%; CALC 10%; IRON 10%

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