

T-BONE STEAK WITH PARMESAN-DUSTED MUSHROOMS

Total preparation and cooking time: 40 to 45 minutes



- 1 beef T-Bone or Porterhouse steak, cut 1 inch thick**
- 3 teaspoons butter, divided**
- 2 tablespoons dry bread crumbs**
- 1 tablespoon grated Parmesan cheese**
- 2-1/4 teaspoons steak seasoning, divided**
- 8 ounces button mushrooms, cut into quarters**
- 1/4 cup finely chopped green onions, white and green parts**



1. Melt 1 teaspoon butter in large nonstick skillet over medium heat; stir in bread crumbs and cheese. Cook and stir 3 to 6 minutes or until lightly toasted. Remove from pan. Set aside.
2. Press 2 teaspoons steak seasoning evenly onto beef steak. Place steak on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness, turning once.
3. Meanwhile melt remaining 2 teaspoons butter in same skillet over medium heat. Add mushrooms, green onions and remaining 1/4 teaspoon steak seasoning; cook and stir 4 to 6 minutes or until mushrooms are just tender and lightly browned; keep warm.
4. Remove bone from steak; carve crosswise into slices. Serve with mushrooms. Sprinkle crumb mixture over mushrooms and steak.

Makes 2 servings.

Cook's Tips: *To grill, place well-trimmed steak on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes (gas grill: covered, 15 to 19 minutes) for medium rare to medium doneness, turning occasionally.*

To pan-broil, remove mushrooms from skillet after cooking; keep warm. Place steak in same skillet over medium heat; cook 14 to 17 minutes for medium rare to medium doneness, turning occasionally.

Nutrition information per serving (1/2 of recipe): 330 calories; 20 g fat (10 g saturated fat; 8 g monounsaturated fat); 66 mg cholesterol; 913 mg sodium; 10 g carbohydrate; 2.0 g fiber; 27 g protein; 4.4 mg niacin; 0.4 mg vitamin B₆; 3.1 mcg vitamin B₁₂; 4.5 mg iron; 13.5 mcg selenium; 3.8 mg zinc.