

BEEF CROSTINI WITH PARMESAN CRISPS & 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®.



COOK TIME: 25 MINUTES | **SERVINGS:** 12

INGREDIENTS

- 2 beef Strip Steak, Boneless, cut 1 inch thick (about 1-¼ pounds)
- ¼ cup freshly grated Parmesan cheese
- ¾ teaspoon all-purpose flour
- 12 slices thin white bread, crusts removed
- 1½ teaspoons coarse grind black pepper
- 4 ounces light garlic and herb cheese spread, slightly softened
- 1 tablespoon balsamic syrup
- 24 leaves arugula leaves



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.

Cook's Tip: Parmesan crisps may be made 1 day in advance and stored in an airtight container.

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 information per serving: 150 Calories; 52.2 Calories from fat; 5.8g Total Fat (2.8 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 1.6 g Monounsaturated Fat); 40 mg Cholesterol; 187 mg Sodium; 9 g Total Carbohydrate; 0.6 g Dietary Fiber; 2.1 g Total Sugars; 14.5 g Protein; 76.1 mg Calcium; 2 mg Iron; 180 mg Potassium; 0.2 mg Riboflavin; 5.1 mg NE Niacin; 0.3 mg Vitamin B₆; 1.7 mcg Vitamin B₁₂; 121 mg Phosphorus; 1.8 mg Zinc; 13.6 mcg Selenium; 31.1 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₁₂, and Selenium; and a good source of Iron, Riboflavin, Vitamin B₆, and Zinc.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety