



Balsamic-Marinated Steaks with Herb Butter and Grilled Asparagus

Prep: 20 minutes plus marinating and standing

Grill: 6 minutes • Serves: 4

Steak

- 1/3 cup canola oil
- 2 1/2 tablespoons balsamic vinegar
- 1 tablespoon packed brown sugar
- 1 1/2 teaspoons steak seasoning
- 4 New York strip or top sirloin steaks (about 6 ounces each)

Herb Butter

- 2 garlic cloves, minced
- 1/2 cup unsalted butter (1 stick), softened
- 2 tablespoons finely chopped fresh parsley leaves
- 1 tablespoon finely chopped chives
- 1/4 teaspoon salt
- 1/8 teaspoon ground white pepper

Asparagus

- 1 bunch fresh asparagus (about 1 pound)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground black pepper

1. Prepare Steak: In medium bowl, whisk together oil, vinegar, brown sugar and steak seasoning. Place 2 steaks in each of 2 large zip-top plastic bags; pour half the marinade into each bag. Seal bags, pressing out extra air; refrigerate at least 1 hour or up to 4 hours.

2. Meanwhile, prepare Herb Butter: In medium bowl, stir all ingredients until well combined.

3. Prepare Asparagus: In large bowl, toss asparagus with oil, salt and pepper.

4. Prepare grill for direct grilling over medium-high heat. Remove steaks from marinade; discard marinade. Place steaks and asparagus on hot grill rack; cover and cook steaks 6 to 8 minutes or until grill marks appear and internal temperature reaches 135°, turning once halfway through cooking; cook asparagus 6 minutes or until tender-crisp, turning frequently. Transfer steaks to cutting board; let stand 10 minutes. Internal temperature will rise to 145° upon standing for medium-rare.

5. To serve, slice steak across the grain; top each steak with 1 tablespoon Herb Butter.

Approximate nutritional values per serving:

612 Calories, 44g Fat (14g Saturated), 137mg Cholesterol, 441mg Sodium, 10g Carbohydrates, 2g Fiber, 37g Protein