



"While not always easy, I've realized the importance of maintaining a healthy diet, and the overall effect a well-balanced diet has on how I feel both physically and mentally every day."

—Chef Jim Coleman

PESTO-STUFFED BEEF

INGREDIENTS:

- 4 – 5oz NY strip steaks (trimmed of fat)
- ¼ tsp salt
- ¼ tsp pepper

PESTO INGREDIENTS:

- 1½ cups lightly packed spinach leaves, snipped
- ½ cup fresh basil
- 8-10 cloves garlic, minced (2 tbl)
- 3 tbl Filippo Berio olive oil
- 1 tbl grated Parmesan
- 1 tbl pecans
- 1 tbl wheat germ

STEAK:

Make 1" long slits along the edge of the steak, working the tip of the knife to form a pocket. Season with salt and pepper.

TO MAKE PESTO:

Combine spinach, basil, garlic, olive oil, Parmesan, and pecans; puree in food processor until smooth. Stir in the wheat germ. Season with salt and pepper and mix well. Stuff mixture into pockets in meat. Brush steaks with olive oil.

GRILL:

Arrange medium coals around a drip pan in a grill with a hood. Test for medium-low heat above the pan. Place meat on grill rack over drip pan but not over coals. Insert a meat thermometer; lower the grill hood. Grill for 4-5 minutes or until the meat thermometer registers the desired temperature (160 degrees F for medium, 170 degrees F for well done). Add more coals as necessary. Let meat stand, covered, for 10 minutes (its temperature will rise slightly).

