



# Shiitake Steak

**YIELD: 4 SERVINGS**

## **INGREDIENTS**

- 1 teaspoon cracked black pepper
- 1 (1 pound) flank steak (½ thick)
- Cooking Spray
- ½ pound fresh mushrooms
- ½ teaspoon olive oil
- 1/3 cup chopped green onions
- 1 tablespoon diced pimento drained
- 1 garlic clove minced
- 3 tablespoons balsamic vinegar
- ¼ teaspoon salt

## **DIRECTIONS**

1. Preheat boiler
2. Press pepper into both sides of steak. Place steak on a broiler pan coated with cooking spray. Broil 8 minutes on each side or until steak is done.
3. Remove and discard stems from mushrooms. Heat oil in large skillet over medium heat. Add mushroom caps, green onions, and cook 3 minutes stirring frequently. Add pimento, garlic, vinegar, and cook 1 minute.
4. Cut steak diagonally across grain into thin slices. Spoon mushroom mixture over steak.

# Potatoes au Gratin

**YIELD: 6 SERVINGS**

## **INGREDIENTS**

- 3 ½ cups peeled, finely chopped potato
- ½ cup low-fat cottage cheese
- ½ cup nonfat buttermilk
- 1 tablespoon chopped fresh or frozen chives
- 2 teaspoons cornstarch
- ½ teaspoon salt
- 1/8 teaspoon pepper
- Vegetable cooking spray
- ¼ cup (1 ounce) shredded part skim mozzarella cheese
- 1/8 teaspoon paprika

## **DIRECTIONS**

1. Cook potato in boiling water to cover 8 minutes or until tender (do not overcook). Drain and set aside.
2. Process cottage cheese and buttermilk in a blender or food processor until smooth. Transfer to a large bowl, stir in potato, chives, and next 3 ingredients. Spoon into a 1-quart casserole coated with cooking spray. Bake at 350 degrees for 20 minutes, sprinkle with cheese and paprika, and bake an additional 5 minutes.



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