

BEEF & SMOKED MOZZARELLA STUFFED FOCACCIA WITH PESTO

Total preparation and cooking time: 30 to 35 minutes

Marinating time: 30 minutes to 2 hours

- 1 pound beef top sirloin or top round steak, cut
3/4 to 1 inch thick or flank steak**
- 1/4 cup prepared basil pesto sauce, divided**
- 1 loaf (8 to 10 ounces) focaccia bread, cut
horizontally in half**
- 4 ounces smoked mozzarella or provolone
cheese, sliced 1/8 to 1/4 inch thick**
- 1 medium plum tomato, cut into 1/4-inch thick
slices**

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 2 tablespoons pesto and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat oven to 350°F. Remove some bread from center of cut sides of loaf if very thick, creating a pocket. Spread remaining 2 tablespoons pesto evenly over cut sides of bread; top each half evenly with cheese. Place on metal baking sheet. Bake in 350°F oven 8 to 10 minutes or until heated through and cheese melts.
3. Meanwhile heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
4. Using slotted spoon, place beef over bottom half of bread; top with tomatoes. Close sandwich, pressing together slightly. Cut into 4 wedges.

Makes 4 servings.

Cook's Tip: Other crusty bread loaves of similar weight, such as Italian or French bread, may be substituted for focaccia. Cut loaf horizontally in half and proceed as directed above.

Cook's Tip: Regular mozzarella or provolone may be substituted for smoked cheese.

Nutrition information per serving, using beef top sirloin steak: 468 calories; 20 g fat (6 g saturated fat; 2 g monounsaturated fat); 68 mg cholesterol; 506 mg sodium; 32 g carbohydrate; 1.4 g fiber; 39 g protein; 9.5 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.7 mg iron; 30.4 mcg selenium; 4.9 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving, using beef top round steak: 466 calories; 19 g fat (6 g saturated fat; 2 g monounsaturated fat); 80 mg cholesterol; 487 mg sodium; 32 g carbohydrate; 1.4 g fiber; 40 g protein; 6.9 mg niacin; 0.4 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 4.3 mg iron; 31.0 mcg selenium; 4.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving, using beef flank steak: 468 calories; 21 g fat (7 g saturated fat; 2 g monounsaturated fat); 60 mg cholesterol; 500 mg sodium; 32 g carbohydrate; 1.4 g fiber; 39 g protein; 8.9 mg niacin; 0.5 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.5 mg iron; 27.1 mcg selenium; 4.4 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of iron.