



Tawil Physical Therapy
& Sports Performance



Espresso Minute Steaks

Recipe courtesy of The American Heart Association



Servings: 4

Ingredients

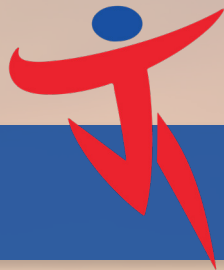
- 1/2 cup strong coffee -OR- 1 tsp instant coffee granules dissolved in 1/2 cup water
- 1 tsp. Worcestershire sauce (lowest sodium available)
- 2 tsp. balsamic vinegar
- 1/4 tsp. salt
- 2 tsp. canola or corn oil, separated
- 4 minute steaks or thin round steaks (about 4 ounces each)
- 2 Tbs. finely chopped green onions (optional)

Nutrition Facts | 158 Calories Per Serving

Total Fat5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat2.5 g
Cholesterol.58 mg
Sodium.	219 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars.	1 g
Added Sugars.	0 g
Protein26 g

Dietary Exchanges

1 lean meat



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Directions

- 1 In a small bowl, stir together the coffee, Worcestershire sauce, vinegar, and salt. Set aside.
- 2 In a large nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling the coast the bottom. Cook 2 steaks for 1 minute. Turn over, cooking for 30 seconds or until barely pink in the center. Transfer to a platter and cover to keep warm.
- 3 Repeat with the remaining steaks and 1 teaspoon oil.
- 4 Stir the coffee mixture into the pan drippings, scraping to dislodge any browned bits. Bring to a boil over medium-high heat. Boil for 3 minutes, or until the mixture is reduced to 2 tablespoons, stirring frequently. Pour over the beef and sprinkle with green onion.

tawilpt.com 201-552-9072



8701 Kennedy Blvd., North
Bergen, NJ 07047