

## Little Verons Recipe

### **Sirloin Steak with Dijon-Port Sauce**

3 cups uncooked medium egg noodles  
1 lb. trimmed sirloin (about 1 inch thick)  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
Cooking spray  
1/2 cup port or other sweet red wine  
1/4 cup minced onions  
1 teaspoon bottled minced garlic  
1/2 cup less-sodium beef broth  
1 tablespoon Dijon mustard  
1/2 teaspoon fresh thyme leaves

#### Directions:

- Cook noodles according to package directions, omitting salt and fat. Drain; keep warm
- While noodles cook, heat a nonstick skillet over medium-high heat. Sprinkle both sides of steak with salt and pepper
- Lightly coat steak with cooking spray
- Add steak to pan; cook 4 minutes on each side or until desired degree of doneness. Transfer meat to a platter; keep warm
- Add port to pan, scraping to loosen browned bits
- Stir in onions and garlic; cook 45 seconds, stirring frequently
- Add beef broth; bring to a boil
- Cook 20 seconds; remove from heat.
- Add mustard and thyme, stirring with a whisk
- Cut steak diagonally across grain into thin slices
- Serve steak and sauce with the pasta

\*Source: Karen Levin, *Cooking Light*, OCTOBER 2004