



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SHEET PAN PARMESAN STEAK AND POTATOES

1 ½ pounds flank steak, patted dry (may substitute skirt or hanger steak)

1 ½ pounds baby potatoes, halved

1 pound fresh asparagus, trimmed

3 garlic cloves, minced and divided

½ cup shredded parmesan cheese, divided

1 tablespoon + 2 teaspoons olive oil

1 teaspoon salt, divided

¼ teaspoon black pepper

Fresh parsley, chopped, for garnish

1. Preheat oven to 375 degrees F. Position the baking rack in the middle of the oven.
2. Place potatoes on a baking sheet and toss with 1 tablespoon olive oil, 1/3 of the minced garlic, and ½ teaspoon salt (arrange potatoes cut side down).
3. Bake potatoes for 15-20 minutes or until tender and lightly browned.
4. While the potatoes are baking, combine the remaining minced garlic, ¼ cup parmesan cheese, 1 teaspoon olive oil and ½ teaspoon salt and black pepper in a small bowl. Rub over both sides of steak.
5. Remove pan from oven and turn to broil setting. Move the potatoes to one side of the baking sheet. Place asparagus on the other side of the baking sheet and toss with 1 teaspoon oil, leaving enough room down the middle for the steak.
6. Place steak on the sheet pan between the potatoes and asparagus. Return the pan to the oven and broil for 8-10 minutes, flipping steak halfway through cooking time, or until the steak is cooked to your liking (this should give you a medium-rare steak).
7. During broiling, if the potatoes are browning too quickly, lay a piece of foil over the potatoes (you don't need to secure it tightly to the pan, this is just to deflect some of the heat).

8. Remove pan from oven when steak is done to your liking. Sprinkle remaining $\frac{1}{4}$ cup shredded cheese over potatoes. Garnish with chopped parsley, coarse salt and cracked black pepper.

Makes 5 servings.

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