

Steak with Sautéed Fennel and Olives

Prep: 5 minutes
Cook: 13 minutes
Makes: 4 servings



Active time:
18 minutes

- 2 tablespoons olive oil, divided
 - 2 (1-inch-thick) strip steaks (about 1½ pounds)
 - ¾ teaspoon kosher salt, divided
 - ¾ teaspoon black pepper, divided
 - 2 thinly sliced fennel bulbs, plus 1 tablespoon fronds
 - ½ cup pitted black olives (preferably oil-cured)
 - 1 jalapeño (preferably red), seeded and thinly sliced
- 1 | Heat 1 tablespoon oil in a large skillet over medium-high heat. Season the steaks with ½ teaspoon each salt and pepper. Cook steaks for 4–6

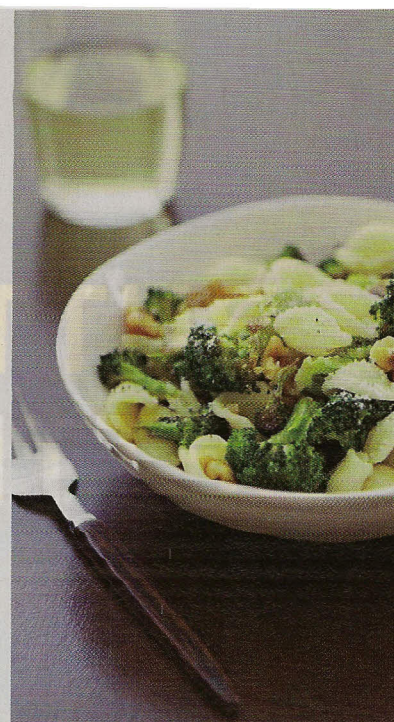
minutes per side for medium-rare or to desired doneness. Let rest 5 minutes before slicing.

2 | Wipe out skillet, and heat remaining 1 tablespoon oil over medium heat. Add the fennel and remaining ¼ teaspoon each salt and pepper. Cook, stirring occasionally, 5–6 minutes or until slightly browned and just tender.

3 | Stir in olives and jalapeño, and cook for 1 minute. Sprinkle with fennel fronds, and serve alongside the sliced steak.

Serving size: 6 ounces steak and about 1 cup vegetables

Calories 360; Fat 22g (sat 5g, mono 13g, poly 2g); Cholesterol 74mg; Protein 30g; Carbohydrate 11g; Sugars 0g; Fiber 4g; Iron 4mg; Sodium 655mg; Calcium 74mg



Orecchiette with Roasted Broccoli and Walnuts

Prep: 7 minutes
Cook: 18 minutes
Makes: 4 servings



Active time:
10 minutes

- 8 ounces orecchiette or other short pasta
- 1 bunch broccoli (1½ pounds), cut into small florets
- ¼ cup walnuts, roughly chopped
- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 1½ tablespoons unsalted butter
- ¼ cup grated Parmesan cheese (1 ounce)

1 | Preheat oven to 400°.

2 | Cook the pasta according to the package directions. Reserve ¾ cup of the cooking water, drain the pasta, and return to the pot.

3 | Toss together broccoli and next 5 ingredients (through pepper) on a rimmed baking sheet. Roast, tossing once, 18–20 minutes or until the broccoli is tender.

4 | Toss the pasta with the broccoli mixture, butter, and ½ cup reserved pasta water. (Add more water if the pasta seems dry.) Sprinkle with Parmesan cheese before serving.

Serving size: 1¼ cups

Calories 428; Fat 19g (sat 5g, mono 7g, poly 5g); Cholesterol 16mg; Protein 16g; Carbohydrate 53g; Sugars 2g; Fiber 7g; Iron 4mg; Sodium 267mg; Calcium 161mg