

Low-Point Sirloin Steak with Dijon White-Wine Sauce

Ingredients:

- 1 tsp. olive oil
- cooking spray with olive oil
- 1 Tbs chopped onion
- 1 garlic clove, minced
- 1 tsp. dijon mustard
- salt
- pepper
- 1/3 cup white wine
- 1 beef bouillon cube
- 2, 4 oz. petite sirloin steaks

In a large skillet, heat olive oil over medium high heat. Spray a little bit of cooking spray with olive oil in the skillet as well. Add onion and garlic and saute' for several minutes. Season steaks with salt and pepper and add to skillet. Cook for 3 to 4 minutes on each side and then add white wine, mustard, and beef bouillon cube. Cook until bouillon cube dissolves. Remove steaks and keep warm. Add 1 or 2 teaspoons of corn starch to skillet and stir until sauce starts to thicken, scraping pan to loosen browned bits. Spoon sauce over steaks and enjoy!

Total servings - 2

Serving size - 1

Points per serving - 6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Happiness always sneaks through a door you didn't know you left open." - Pamela Sargent