



Pan-Roasted Cajun-Rubbed Strip Steaks with White Cheddar-Creamed Kale

Prep: 20 minutes plus standing

Cook/Roast: 20 minutes • Serves: 4

- 4 boneless strip steaks (about 8 ounces each)
- 2 tablespoons unsalted butter, softened
- 1 tablespoon Cajun seasoning
- ½ teaspoon ground black pepper
- 2 tablespoons light olive oil
- 4 garlic cloves, coarsely chopped
- 2 small yellow onions, thinly sliced
- 1 tablespoon chopped fresh thyme
- 2 bunches curly kale, chopped
- ⅓ cup heavy cream
- ⅓ cup sour cream
- ⅓ cup shredded white Cheddar cheese
- ½ teaspoon kosher salt

1. Preheat oven to 400°. Pat steaks dry with paper towel. In small bowl, stir butter, seasoning and pepper; evenly coat both sides of steaks with butter mixture.

2. In large, oven-safe skillet, heat 1 tablespoon oil over medium-high heat 3 minutes or until shimmering, but not smoking. Add steaks; cook 4 minutes or until seared. Turn steaks; sprinkle with garlic, ½ the onion and thyme. Transfer skillet to oven; roast 8 minutes or until internal temperature of steaks reaches 135° for medium-rare. Transfer steaks to cutting board; loosely tent with aluminum foil and let stand 5 minutes (internal temperature will rise to 145° upon standing).

3. In large saucepot, heat remaining 1 tablespoon oil over medium heat; add remaining onion and cook 5 minutes or until translucent, stirring occasionally. Add kale and 1 cup water; cover and cook 3 minutes or until kale is wilted and tender, stirring occasionally. Stir in heavy cream, sour cream, cheese and salt; cook 5 minutes or until heated through and cheese melts, stirring frequently. Makes about 4 cups.

4. To serve, thinly slice steaks across the grain; serve with onion mixture and creamed kale.

*Approximate nutritional values per serving (1 steak, ¼ cup onion, 1 cup kale):
659 Calories, 40g Fat (18g Saturated), 182mg Cholesterol,
562mg Sodium, 24g Carbohydrates, 7g Fiber, 7g Sugars, 53g Protein*