

# FOOD

## 20 Minute Dinners

by eatingwell.com

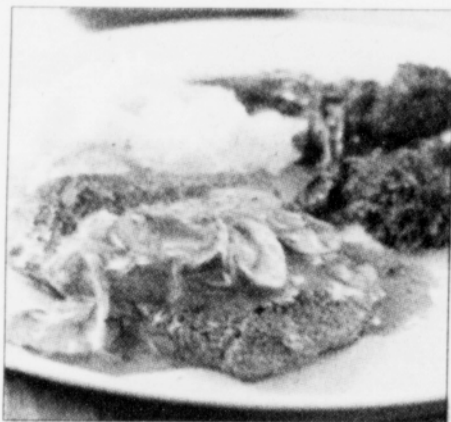
### Cube Steak with Mushroom-Sherry Sauce

#### Ingredients

- 4 4-ounce cube steaks
- 3/4 teaspoon freshly ground pepper, divided
- 1/2 teaspoon salt
- 2 tablespoons extra virgin olive oil, divided
- 8 ounces sliced mushrooms (about 2 1/2 cups)
- 1 large shallot, thinly sliced
- 1 tablespoon all-purpose flour
- 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried
- 1/2 cup dry sherry (see Note)
- 1/2 cup reduced-sodium beef broth
- 2 tablespoons reduced-fat sour cream

#### Preparation

1. Sprinkle steaks with 1/2 teaspoon pepper and salt. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add steaks and cook, turning once, until browned and cooked through, 1 to 2 minutes per side for medium. (If necessary, cook in two batches.) Transfer the steaks to a plate and cover to keep warm.



2. Add the remaining 1/2 teaspoon oil to the pan. Add mushrooms, shallot and the remaining 1/4 teaspoon pepper; cook, stirring, until the mushrooms are golden brown and release their liquid, 4 to 5 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Add thyme, sherry and broth; bring to a boil and cook, stirring, until thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat; stir in sour cream. Return the steaks (and any accumulated juice) to the pan and turn to coat with the sauce. Serve the steaks with the sauce.

**Per serving:** 268 calories; 12 g fat (3 g sat, 7 g mono); 56 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 29 g protein; 1 g fiber; 428 mg sodium; 684 mg potassium

### Pacific Sole with Oranges & Pecans

Not so long ago, Dover sole meant an overcooked fillet swimming in butter, dotted with tasteless dried herbs and soaked in too much lemon juice. But sole deserves a comeback: it can become a satisfying, sophisticated, one-skillet dinner with very little effort. The recipe can easily be doubled.

**Reader's Comment:** "I really loved the flavors. I used tilapia instead of sole. I never would of thought of combining citrus with onion and roast pecans with vinegar for more flavor."



#### Ingredients

- 1 orange
- 10 ounces Pacific sole, (see Note) or tilapia fillets
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 teaspoons unsalted butter
- 1 medium shallot, minced
- 2 tablespoons white-wine vinegar
- 2 tablespoons chopped pecans, toasted (see Cooking Tip)
- 2 tablespoons chopped fresh dill

#### Preparation

1. Using a sharp paring knife, remove the skin and white pith from orange. Hold the fruit over a medium bowl and cut between the membranes to release individual orange sections into the bowl, collecting any juice as well. Discard membranes, pith and skin.

2. Sprinkle both sides of fillets with salt and pepper. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the fillets and cook 1 minute for sole or 3 minutes for tilapia. Gently flip and cook until the fish is opaque in the center and just cooked through, 1 to 2 minutes for sole or 3 to 5 minutes for tilapia. Divide between 2 serving plates; tent with foil to keep warm.

3. Add butter to the pan and melt over medium heat. Add shallot and cook, stirring, until soft, about 30 seconds. Add vinegar and the orange sections and juice; loosen any browned bits on the bottom of the pan and cook for 30 seconds. Spoon the sauce over the fish and sprinkle each portion with pecans and dill. Serve immediately. Makes 2 servings.

**Per serving:** 234 calories; 9 g fat (3 g sat, 3 g mono); 70 mg cholesterol; 11 g carbohydrates; 0 g added sugars; 28 g protein; 2 g fiber; 401 mg sodium; 556 mg potassium.

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