

# Breakfast Steak

## Servings: 8

*1 teaspoon black pepper  
1/3 teaspoon paprika  
1 teaspoon dill seed  
1 teaspoon mustard seed  
1 teaspoon dried rosemary  
1 tablespoon onion flakes  
1 tablespoon garlic powder  
pinch crushed red pepper  
1 teaspoon sea salt  
2 pounds steak, strip loin  
2 tablespoons grapeseed oil  
2 tablespoons apple cider vinegar*

Cut steak into 8 pieces and pound into thinner, similar sized medallions.

Rub spice mixture into meat. Drizzle with grapeseed oil and vinegar or lemon juice. Heat grill to maximum; turn it down just before you add the meat and cook over medium heat until cooked through, turning once.

*This rub can be used on any meat, chicken or fish before you barbecue. The antioxidants in the herbs will help you fight off the downside of grilling: HCAs and PAHs that develop in protein over high heat. The quick addition of oil and vinegar will help pr*

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Per Serving (excluding unknown items): 290 Calories; 24g Fat (73.8% calories from fat); 17g Protein; 2g Carbohydrate; trace Dietary Fiber; 63mg Cholesterol; 281mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.