

Unleash your grill's creative capabilities

# FIRE DRILL



## Grilled Steak Pizza with Blue Cheese

Makes 8 pieces

**8 (4-ounce) Certified Angus Beef®**  
petite-cut top sirloin steaks

Salt and pepper, as needed

**1 (13.8-ounce) tube pizza dough**

Olive oil as needed

**1 cup prepared tomato basil sauce**

**8 ounces crumbled blue cheese**

**16 ounces shredded mozzarella cheese**

Preheat grill on high and reduce to medium when hot. Season steaks and grill to desired doneness. Move steaks to cutting board and rest for 3 to 5 minutes.

Unroll and cut pizza dough into four equal pieces. Press each piece to one and a half times the original size and cut each piece in half. Brush with olive oil and grill about 2 minutes per side. Turn off flame for half of the grill. (If using a charcoal grill, push coals to one side.) Place grilled dough on the side without direct heat.

Thinly slice steaks. Top each dough piece with 1-ounce tomato basil sauce, 4 ounces steak, 1-ounce blue cheese and 2-ounces mozzarella cheese. Shut grill lid 3 to 4 minutes for cheese to melt; serve.

Nutritional Information per Serving: 552 Calories; 30g Fat; 16g Saturated Fat; 136mg Cholesterol; 25g Carbohydrate; 0g Dietary Fiber; 44g Protein; 866mg Sodium; 23% daily value Iron. (based on 2,000 calorie diet).

Recipe provided by Certified Angus Beef LLC

**Your grill has great potential. Too often, though, we condemn it to a life of steak and burger preparation when it could add seductive sizzle to appetizers, salads, main dishes and desserts.**

## Make the grill work for you.

Toasters can't make ice cream. Blenders won't bake potatoes. Your grill is different. It's versatile, innovative and can perform a variety of functions. Use it to sear a steak, steam vegetables or grill fruit for dessert. Slow-cook ribs. Make a pizza.

The grill is one of the most diverse food preparation tools available— and simply put, grilling is fun. Perhaps it's the open flame or the challenge of new burger-flipping feats. Maybe it's the contrast of mundane meal preparation and the freedom of the great outdoors. Regardless of reason, Americans love to grill.

## Grilling adds new flavor to old favorites.

Pizza is delicious; grilled pizza is fabulous. You'll enjoy this recipe that combines grilled top sirloin with blue cheese, tomatoes and basil. This is tantalizing fare that appeals to the senses. Grill flank steak and combine with beans, tomatoes, onion and arugula or baby spinach in a bean salad. You'll enjoy this tasty and nutritious dish alone, or paired with grilled pizza.

The next time you grill, be creative. Experiment with ingredients. Try a new recipe. Experience the thrill of the grill.

## Practice safe grilling

- When lighting your grill, keep the top open until you're sure it's lit.
- Always follow the grill manufacturer's instructions and keep written materials handy.
- Use and store cylinders outdoors in an upright position.
- Never store or use them indoors – that includes in garages, tents or sheds.
- After grilling, turn the burner controls off and close the cylinder valve.

Source: Propane Education & Research Council



Recipe provided by Certified Angus Beef LLC

## Grilled Flank Steak with Bean Salad

Serves 4

**1 ¼ pound Certified Angus Beef® flank steak;**  
optional cuts - sirloin or flat iron steak

**1 clove garlic, crushed**

**3 tablespoons balsamic vinegar**

Salt and pepper to taste

**1 (16-ounce) can cannellini beans, drained**

**1 cup grape tomatoes, halved**

**1/2 cup thinly sliced red onion**

**1 tablespoon extra virgin olive oil**

**1 bunch arugula or baby spinach, stems trimmed**

Rub garlic over steak. Marinate steak in 2-tablespoons balsamic vinegar in refrigerator for 30 to 60 minutes.

Preheat grill. Remove steak from marinade and pat dry; discard marinade. Season steak and grill to desired doneness. Move to cutting board and let rest 10 to 12 minutes.

Combine beans, tomatoes, onion, oil and remaining balsamic vinegar. Season to taste with salt and pepper.

Spoon bean mixture onto four plates. Cut steak crosswise into thin slices. Arrange slices on plates, overlapping beef slightly. Top with arugula.

Nutritional Information per Serving: 325 Calories; 11g Fat; 3g Saturated Fat; 80mg Cholesterol; 21g Carbohydrate; 5g Dietary Fiber; 32g Protein; 537mg Sodium; 30% daily value Iron. (based on 2,000 calorie diet).

## Cherry S'Mores

Makes 6 servings.

**1/2 cup marshmallow creme**

**1/2 cup dried tart cherries**

**1/4 cup semisweet chocolate chips**

**12 graham cracker squares (2-1/2- inch squares)**

Combine marshmallow creme, cherries and chocolate chips; mix well. Place 6 of the graham crackers on microwave-safe plate. Spoon heaping tablespoons of marshmallow mixture on each cracker. Top with remaining crackers.

Microwave, uncovered, on HIGH (100% power) 30 to 45 seconds, or until marshmallow mixture is soft and warm.

NOTE: To prepare in conventional oven, place 6 of the graham crackers in an ovenproof baking dish. Proceed as above. Bake in preheated 350 degree oven 2 to 3 minutes, or until marshmallow mixture is soft and warm.

## Don't forget dessert!

This gooey treat will quickly become one of your favorites. It's also quick and easy to make.



Recipe provided by the National Sweet Cherry Foundation.