



## Grilled Steak with Onions and Scallions

Prep Time: 31 minutes Cook Time: 51 minutes

SERVES 4

### Ingredients:

1 (1-lb.) boneless sirloin steak  
¾ tsp. salt, divided  
½ tsp. pepper, divided  
4 (½- inch thick) slices red onion  
4 green onions  
Cooking spray  
1 lb. baking potato, peeled and chopped  
⅓ cup sour cream  
⅓ cup fat-free milk  
2 tsp. butter

### Steps:

1. Preheat grill to medium-high heat.
2. Sprinkle steak evenly with 3/8 tsp. salt and ¼ tsp. pepper. Sprinkle red onion with ⅛ tsp. salt. Coat green onions with cooking spray. Place steak on grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness. Let stand 10 minutes. Cut steak diagonally across grain into thin slices. Grill red onion 5 minutes on each side or until tender. Grill green onions 1 ½ minutes on each side; cut into 3-inch pieces.
3. Place potato in a saucepan; cover with cold water. Bring to a boil; cook 10 minutes or until tender. Drain. Return potato to pan; add ¼ tsp. salt, sour cream, milk, and butter. Mash to desired consistency. Garnish with ¼ tsp. pepper.