



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## A Royal Breakfast for Dad!

On Father's Day morning, treat Dad to a breakfast fit for a king! Steak and eggs is a dad-worthy meal that is sure to fuel him up for his special day. Pair a protein-rich strip steak with a delicious, creamy and nutrient-rich take on scrambled eggs. Flavorful foods filled with immune-boosting nutrients, such as wild mushrooms and leeks, give this elegant pairing a boost of Vitamins A, B, and D. Impress dad with this hearty, protein-packed breakfast duo. It may just become your family's signature meal throughout the summer grilling season.



### Grilled Marinated Strip Steak

#### Ingredients:

- 1 garlic clove, minced
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 2 Tbsps. Dijon mustard
- 2 Tbsps. Worcestershire sauce
- 1 tsp. chopped fresh thyme
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 4 New York strip steaks (about 6 ounces each)



#### Directions:

1. In medium bowl, whisk all ingredients except steaks. Place steaks in large zip-top plastic bag; pour oil mixture over steaks. Seal bag, pressing out excess air; refrigerate at least 1 or up to 8 hours.
2. Prepare outdoor grill for direct grilling over medium-high heat. Remove steaks from marinade; discard marinade. Place steaks on hot grill rack; cover and cook 10 minutes or until internal temperature reaches 140° for medium-rare, turning once. Transfer steaks to cutting board; tent with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.)

### Wild Mushroom, Leek & Chèvre Scrambled Eggs

#### Ingredients:

- 1 Tbsp. olive oil
- 8 oz. wild mushrooms, chopped
- 1/4 cup sliced leeks
- 1 tsp. chopped fresh chives
- 1 tsp. chopped fresh tarragon
- 2 Tbsps. unsalted butter
- 1/2 tsp. kosher salt
- 8 large eggs
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 3 Tbsps. chèvre cheese



#### Directions:

1. In large skillet, heat oil over medium-high heat; add mushrooms and cook 4 minutes or until almost tender, stirring occasionally. Add leeks; cook 3 minutes or until mushrooms and leeks are tender, stirring occasionally. Stir in chives and tarragon; cook 1 minute. Transfer mushroom mixture to bowl; cover to keep warm.
2. In small microwave-safe bowl, heat 1 tablespoon butter in microwave oven on high 30 seconds or until melted.
3. In medium bowl, whisk eggs, salt, pepper and melted butter. In large nonstick skillet, melt remaining 1 tablespoon butter over medium heat. Add egg mixture; cook 4 minutes or to desired doneness, stirring occasionally to scramble. Fold in cheese and mushroom mixture; cook 1 minute or until heated through.