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Win Over Their Heart in More Ways than One this Valentine's Day with a Romantic, Heart-Healthy Meal Made with Laura's Lean Beef

LEXINGTON, KY – Flowers? Candy? A card? Valentine's Day has never been the most inventive of holidays. With its emphasis on sweets, it's not the healthiest either. This year, Laura's Lean Beef is encouraging romantics across the country to do something new, and nutritious, for their loved ones on February 14.

"A romantic meal at home is a great alternative to the typical Valentine's traditions," says Chris Anderson, director of marketing and customer service for Laura's Lean Beef. "With the right ingredients and recipes, it can be easy, inexpensive and good for you."

Laura's is recommending three elegant but simple entrée ideas for Valentine's Day (see attached). Each creatively paired with award-winning wines proposed by the team at Casillero del Diablo, the world's leading name in fine wines from the vineyards of Chile.

Your Sweetheart's Heart Will Thank You, Too

In addition to its great taste, Laura's Lean Beef products are lower in fat and cholesterol, ensuring that meals made with its steaks can be heart-healthy, as well as heart-warming. Laura's products contain 9 grams of fat or less per serving, meeting the government's definition for "lean" or "extra lean."

Laura's Lean Beef has been awarded the Good Housekeeping Seal and five of its products have been certified by the American Heart Association (AHA). The AHA's heart-check mark identifies products that meet the association's criteria for saturated fat and cholesterol. The GH Seal and AHA's heart-check mark are among the most trusted consumer icons.

About Laura's Lean Beef

Laura's Lean Beef products are available in nearly 7,000 grocery stores nationwide. The company offers a complete selection of fresh cuts of beef, ground products (both fresh and frozen), and three award winning pre-cooked entrees. For more information or to locate a retailer near you, visit www.laurasleanbeef.com.

Laura's Lean Valentine's recipes:

Filet with Balsamic Onions and Gorgonzola

Wine Pairing: Casillero del Diablo Cabernet Sauvignon

Prep Time: 10 minutes

Cook Time: 35 minutes

Ingredients

- 4 (6-ounce) Laura's Lean Beef Tenderloin Steaks
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 1 large red onion, thinly sliced
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 cup balsamic vinegar
- 2 tablespoons crumbled low-fat Gorgonzola cheese

Directions

1. Rub fillets evenly with 1/2 teaspoon salt and 1/2 teaspoon pepper. Cover and chill.
2. Place onion slices on an aluminum foil-lined baking sheet coated with cooking spray. Drizzle with 1 tablespoon oil, vinegar and remaining salt and pepper; toss to coat.
3. Bake onions at 375°F for 20 minutes or until onions are tender, stirring occasionally. Remove from oven; keep warm.
4. Cook fillets in remaining 1 tablespoon hot oil in a large skillet coated with cooking spray over medium-high heat 5 to 7 minutes on each side or to desired degree of doneness. Top steaks evenly with onion mixture and cheese. Serve immediately.

Makes 4-6 servings.

Cooking Tip: If you don't have Gorgonzola, blue cheese can be substituted.



Pan-Seared Steak with Wine Reduction Sauce (Steak Au Poivre)

Wine Pairing: Casillero del Diablo Malbec

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 2 tablespoons cracked pepper
- 4 (4-ounce) Laura's Lean Sirloin Steaks
- 2 teaspoons margarine, divided
- Vegetable cooking spray
- 1 shallot, finely chopped
- 1/2 cup low-salt, fat-free beef broth
- 1/4 cup Cognac or red wine
- 1/4 teaspoon salt
- Watercress (optional)

Directions

1. Rub cracked pepper on both sides of each steak. Heat 1 teaspoon margarine in a large skillet coated with cooking spray over medium-high heat. Cook steaks 3 minutes on each side or until browned. Remove steaks from skillet; cover and keep warm.
2. Sauté shallots in skillet over medium heat until tender. Add beef broth and Cognac; bring to a boil, scraping sides of pan. Add salt and remaining 1 teaspoon margarine and cook 5 more minutes. Pour sauce over steaks and serve over watercress, if desired.

Makes 4 to 6 servings.

Cooking Tips: If you have whole peppercorns you can crack them in a mortar with a pestle or smash them in a ziplock bag with a meat pounder or rolling pin.


Steak Diane

Wine Pairing: Casillero del Diablo Merlot

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients

- 4 (4-ounce) Laura's Lean Ribeye Steaks
- 1/2 teaspoon kosher or sea salt
- 1/2 teaspoon freshly ground pepper
- 1 teaspoon butter
- 1/2 cup finely chopped shallots
- 1/2 cup low-salt, fat free beef broth
- 2 tablespoons Worcestershire sauce
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh parsley

Directions

1. Season steaks with salt and pepper. Cook steaks in butter in a large nonstick skillet over medium-high heat 5 to 8 minutes on each side or until desired degree of doneness. Remove from pan and keep warm.
2. Saute shallots in skillet 2 minutes over medium heat. Add beef broth, Worcestershire sauce, lemon juice, and Dijon, stirring well 3 to 5 minutes. Reduce heat and simmer 1 minute more. Serve sauce on top of steaks and top with fresh parsley.

Makes 4 servings

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