



MONTICELLO VINEYARDS

*Enjoy with Cabernet Sauvignon*

**STUFFED FLANK STEAK**

1 flank steak, about 1½ pounds  
1 package (10 oz) frozen chopped spinach,  
thawed and squeezed dry  
4 oz sun-dried tomato-flavored or herb-garlic-  
flavored feta cheese, crumbled

2 Tbsp seasoned bread crumbs  
2 Tbsp olive oil  
1 egg lightly beaten  
¾ tsp salt  
½ tsp black pepper

Heat oven to 425°. Place a rack in a shallow backing pan. Coat with cooking spray.

Lay steak on work surface. Starting at a long side, slice steak in half without cutting through all the way. Open like a book and flatten to an even thickness.

In a bowl, combine spinach, feta, bread crumbs, 1 Tbsp of the oil and the beaten egg.

Season steak with ½ tsp of the salt and ¼ tsp of the pepper. Press spinach mixture onto steak leaving a 1-inch border. Beginning on a short end, roll up to enclose filling. Tie steak with cotton twine at 2-inch intervals.

Rub steak with remaining oil and season with remaining salt & pepper.

Heat a large nonstick skillet over medium-high heat. Brown meat on all sides, about 5 minutes total. Transfer steak to prepared rack.

Roast at 425° for 35 minutes or until internal temperature registers 135° on an instant-read thermometer. Remove meat from oven; let rest, covered, 10 minutes before slicing.

Serves 6.

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