



Bison Steak with Cauliflower-Carrot Mash and Brown Rice

2 ¼ cups chopped carrots

3 ½ cups cauliflower florets

2 tablespoons nonfat sour cream

6½ ounces bison steak

1¼ cups cooked brown rice

1 tablespoons onion powder

Salt and cracked black pepper to taste

2 tablespoons Montreal steak seasoning

Cooking oil spray

1. In a medium saucepan, cook the carrots in lightly salted boiling water for 2 minutes. Add the cauliflower and cook for 3 minutes or until the cauliflower is tender. Drain the vegetables and place in a food processor. Pulse the vegetables with sour cream, onion, powder, salt and pepper. Transfer to a bowl with lid and set aside.

2. Divide the steak into two. Season the steaks with steak seasoning salt, and pepper. Coat a nonstick skillet with cooking spray and heat the skillet until very hot. Add the steaks and sear on both sides. Reduce heat to medium-high and cook until they reach the desired doneness (bison is best served medium-rare). Remove from heat and let steaks stand for 1 minute.

To Serve: Place the cauliflower-carrot mash in the center of the plates. Slice the bison steaks and arrange the slices over the mash. Serve with brown rice.

Servings: 2