

Men's Health



Mini Blue-Cheese Steaks on Salad ++

THE CHEF: CHRIS SANTOS
THE RESTAURANT: THE STANTON SOCIAL, NEW YORK CITY

- 1 lb hanger or skirt steak, cut into 4 equal portions
- Salt and pepper to taste
- 1 tsp cooking oil

SALAD

- 2 cups toasted, large, cubed pieces of baguette, crusts removed
- 1 bag mixed salad greens
- 2 pt cherry tomatoes
- ½ cup Cabrales or other soft blue cheese
- 1 red onion, sliced thin
- ¼ bunch chives, chopped

VINAIGRETTE

- 2 Tbsp red-wine vinegar
- ½ Tbsp tomato paste
- ⅓–¼ cup olive oil

Rub the steaks liberally with salt and coarse black pepper. Heat the cooking oil in an ovenproof sauté pan until it begins to smoke lightly. Add the steaks to the pan and cook for 1 minute. Turn the steaks, then place the pan in a preheated 500°F oven for 5 minutes. Remove the steaks from the pan and allow them to rest while you assemble the salad.

Toss the salad components with the vinaigrette (whisk the three ingredients) and divide among four plates. Slice the steaks thinly and place on top of the salad. Garnish with blue cheese. Makes 4 servings

Per serving: 488 calories, 38 g protein, 22 g carbohydrates, 28 g fat (10 g saturated), 5 g fiber

FIGHT FAT WITH FLAVOR

Eat half as much and feel twice as full, by harnessing the power of America's hottest culinary trend.

BY JEFFERY LINDENMUTH

WHETHER IT'S SPANISH TAPAS, CHINESE DIM SUM, OR GREEK MEZES, SMALL PLATES are huge news in American restaurants. And no one's walking away hungry. Why? Because big flavors can be just as filling as big portions. "Most places specializing in small plates create taste-rich sensations in microsize bites," says Brian Wansink, Ph.D., director of the Cornell University food lab and author of *Mindless Eating*. "And we've found that much of a man's eating satisfaction is derived from the flavor intensity and visual impact of a meal, not necessarily the amount served."

So forget mounds of mediocre food. Instead, downsize your dinner—and your gut—with these small but hugely satisfying dishes, courtesy of America's leading small-plate chefs.