

GRILLED BISON STEAK

Serves 4

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INGREDIENTS

4- 6 oz. cut of Bison steak

Cooking oil

Garlic salt

Lemon pepper

DIRECTIONS

Rub your favorite 6 oz. cut of Bison steak with a combination of a little garlic salt, cooking oil, and lemon pepper.

Grill steaks 4-6 inches above medium hot coals (325 degrees) for the following times, depending on thickness:

1" thick - Rare: 6 - 8 min. Medium: 8 - 10 min.

1 1/2" thick - Rare: 8 - 10 min. Medium: 10 - 12 min.

2" thick - Rare: 10 - 12 min. Medium 14 - 18 min.

Tips: Grill either Rib Eyes, T-Bones or New York Strips. Use tongs for turning to keep the juices in the steak. Bison steaks taste best when grilled to rare or medium (still pink in the center). Cooking time is important to avoid overcooking.

NUTRITION

Per 6 oz filet: 234 calories; 3.2 g fat; (12% calories from fat); 105 mg cholesterol; 91.8 mg sodium.

