

Philly Cheese Steaks

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sandwiches

POINTS® Value: 8

Servings: 4



Preparation Time: 12 min

Cooking Time: 21 min

Level of Difficulty: Easy

This lightened up Philadelphia specialty is true comfort food. It's meaty and cheesy, great with a cold beer.

Ingredients

- 1 spray(s) olive oil cooking spray
-  1 medium onion(s), thinly sliced
-  1 pound(s) raw lean flank steak, cut into 8 thin slices
- 2 tsp Worcestershire sauce
- 1/4 tsp table salt
- 1/4 tsp black pepper
- 4 roll(s) reduced-calorie hot dog bun(s)
- 1/3 cup(s) low-fat shredded cheddar cheese

Instructions

- Preheat oven to 350°F.
- Coat a large, nonstick skillet with olive oil cooking spray and set pan over medium-high heat. When pan is hot, add onion and sauté until tender and golden brown, about 10 minutes. Remove onion from pan; set aside.
- Add steak to skillet and sauté until browned and cooked through, about 1 to 2 minutes per side. Add Worcestershire sauce, salt and pepper and cook until liquid is absorbed.
- Divide steak evenly between rolls and top with onion and cheese. Wrap in foil, transfer to oven and bake until cheese melts, about 5 to 7 minutes. Yields 1 sandwich per serving.