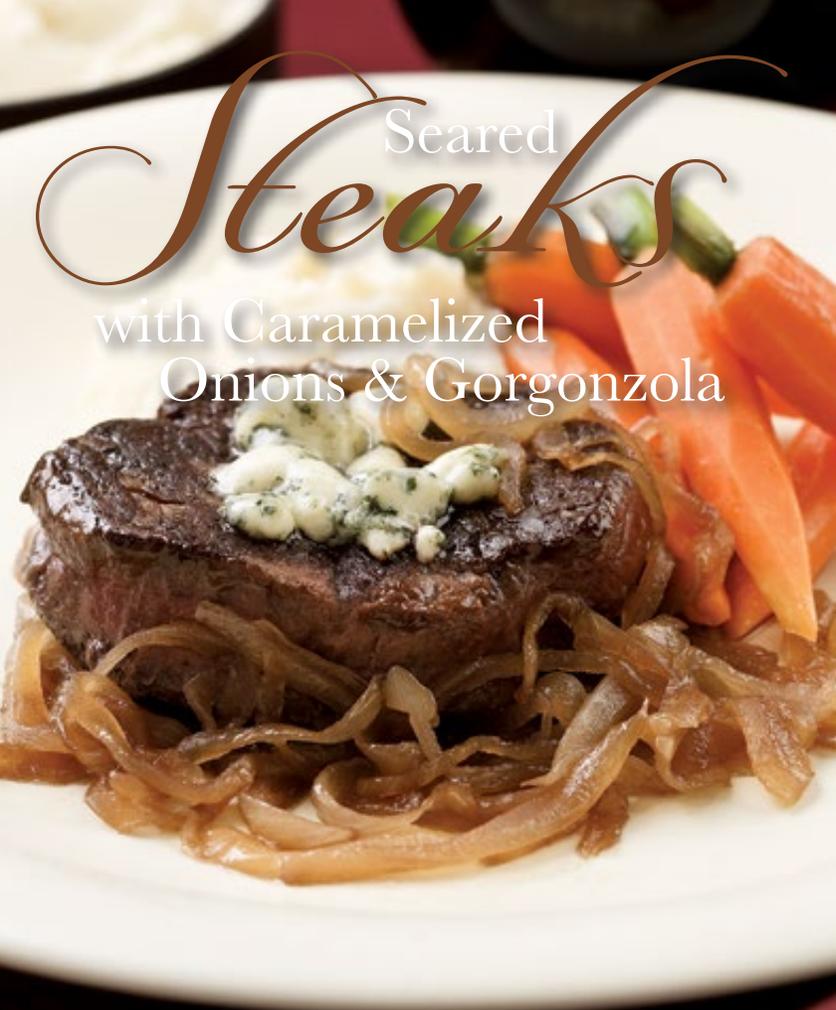


# Seared Steaks

with Caramelized Onions & Gorgonzola



- 2 T canola oil, divided
- 2 large onions, sliced (about 4 c)
- 1 T brown sugar
- ½ c reduced-sodium beef broth
- 1 T balsamic vinegar
- ½ t salt, divided
- ¼ t freshly ground pepper
- 1 lb beef tenderloin, (filet mignon) or sirloin steak, 1-1¼ inches thick, trimmed and cut into 4 steaks
- ¼ c crumbled Gorgonzola, or blue cheese

- 1 Heat 1 T oil over medium heat in a large skillet. Add onions and brown sugar and cook, stirring often, until the onions are very tender and golden brown, about 15 minutes. Add broth, vinegar and ¼ t salt and cook, stirring, until the liquid has almost evaporated, 3 to 4 minutes more. Transfer the onions to a bowl; cover to keep warm. Clean and dry the pan.
- 2 Sprinkle the remaining ¼ t salt and pepper on both sides of each steak. Heat the remaining 1 T oil in the pan over medium-high heat. Add the steaks and cook until browned, 3 to 5 minutes. Turn them over and top with cheese. Reduce heat to medium-low, cover and cook until the cheese is melted and the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Serve the steaks with the caramelized onions.

Makes 4 servings. Per serving: 314 calories; 17 g fat (5 g saturated fat, 8 g mono unsaturated fat); 81 mg cholesterol; 11 g carbohydrates; 28 g protein; 1 g fiber; 532 mg sodium; 552 mg potassium. Nutrition Bonus: Zinc (33% daily value), Potassium (16% dv).

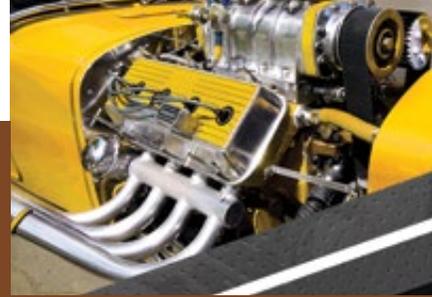
# Help Us Drive Men's Health Forward!

## Health & Hot Rods

Saturday, June 21, 2014

8:00 AM - 12:30 PM

901 San Bernardino Road, Upland, CA (Adjacent to the hospital)



Rev your engines and join us for San Antonio Community Hospital's Health & Hot Rods event! You'll not only get the opportunity to feast your eyes on hot rides, but also enjoy:

### Healthy Eats:

Continental breakfast and healthy lunch

### Health Conversations:

10-15 minute physician presentations on various health topics

### Health Screenings:

Cholesterol, glucose, blood pressure and more

The cost is \$15 per individual and \$20 per couple. Advance registration is required. For more information, please call **909.920.6139** or visit **sach.org/menshealthevent**.

We hope to see you there!



**SAN ANTONIO  
COMMUNITY HOSPITAL**

999 San Bernardino Road  
Upland, CA 91786

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# Food for Thought...



Statistics show that many men do not receive important preventive screenings and are less likely than women to have an ongoing relationship with a physician. In honor of Men's Health Month this June, we want to encourage you to be proactive about your health. Though you may have a lot on your plate, nothing is more important than undergoing routine medical checkups to detect any problems before they become major concerns.

At San Antonio Community Hospital, we can help you learn about:

- Cholesterol
- Body mass index
- Knee and joint health
- Diabetes risk level
- Abdominal aortic aneurysm risk level
- Skin health
- And more!

Hungry for a healthier future? Visit **SACH.org** to find a physician and schedule your appointment today!



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