



Popcorn Steak Bites with Buttermilk-BBQ Dip

Prep: 15 minutes

Broil: 8 minutes • Serves: 6

Buttermilk-BBQ Dip

- 1/3 cup mayonnaise
- 1/4 cup buttermilk
- 3 tablespoons favorite barbeque sauce
- 2 tablespoons sour cream
- 1 tablespoon cider vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

Popcorn Steak Bites

- Nonstick cooking spray
- 2 containers (6 ounces each) crispy fried onions
- 1/4 cup all-purpose flour
- 1 teaspoon ground black pepper
- 2 large eggs
- 1 pound cubed steak, cut into 1 x 1½-inch pieces

1. Prepare Buttermilk-BBQ Dip: In small bowl, stir all ingredients; cover and refrigerate until ready to serve. Makes about 1 cup.

2. Prepare Steak Bites: Preheat broiler on low with oven rack about 10 inches from source of heat; spray rimmed baking pan with cooking spray. In food processor, pulse onions to fine crumbs; transfer to shallow dish.

3. In second shallow dish, whisk flour and pepper; in third shallow dish, whisk eggs. Dip steak in flour mixture, then in egg, then in onion crumbs to coat; place on prepared pan. Broil steak 8 minutes or until internal temperature reaches 160°, turning pan halfway through cooking. Makes about 36 bites.

*Approximate nutritional values per serving (6 bites and 2½ tablespoons dip):
496 Calories, 39g Fat (9g Saturated), 55mg Cholesterol,
599mg Sodium, 29g Carbohydrates, 1g Fiber, 7g Protein*