

# Blackened Steak with blue cheese wine sauce

**Serves 2**

## **Ingredients**

2 steaks, 8-12 oz. each

salt and pepper to taste

1 tablespoon olive oil

¼ cup dry red wine

3 tablespoons crumbled blue cheese

## **Directions**

1Heat a large nonstick skillet over medium-high heat for 1 minute. Meanwhile, season the steaks with the salt and pepper. Add a few drops of oil to the pan and swirl to lightly coat. Place steaks in skillet and sear for 1 minute per side. Turn heat to medium low and cook, turning every 2 minutes, until steak are cooked to your liking. Remove steaks and set aside. Remove pan from heat and add wine. Return pan to the heat and add the blue cheese. Simmer; stirring continuously until sauce thickens. Serve immediately.