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

1. Preheat oven to 350°F.
2. 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.
3. 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.
4. 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.