

Grilled Flank Steak with Vegetables

INGREDIENTS

- » 1/4 cup low-sodium soy sauce
- » 2 tbsp white cooking wine
- » 1 tsp brown sugar
- » 3 cloves minced garlic
- » 1 tbsp minced fresh ginger root
- » 3 tbsp water
- » 1 1/2 lb flank steak
- » Nonstick vegetable cooking spray
- » 3 green onions, sliced
- » 1 cup sliced mushrooms
- » 1 cup sliced red bell pepper
- » 1 cup broccoli florets
- » 1 tsp salt-free herb seasoning blend

- » 1 cup long-grain brown rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	434cal	Cholesterol	66mg
Protein	31g	Sodium	546mg
Carbohydrate	44g	Calories from Fat	28%
Fat	14g	Fiber	4g
Saturated Fat	5g		

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INSTRUCTIONS

In a bowl, combine low-sodium soy sauce, white cooking wine, brown sugar, minced garlic, fresh minced ginger root, and water. Pour over flank steak and marinate for 1 or more hours, turning occasionally. Grill or broil steak on each side to desired doneness, turning once. Brush with marinade while cooking. Meanwhile, in a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add green onions, mushrooms, and red bell peppers. Sauté for 2 minutes and add broccoli florets. Add 1 tbsp of water, cover, and cook vegetables until broccoli is tender. Remove from heat. Sprinkle salt-free herb seasoning blend over vegetables. Slice the flank steak very thin, cutting diagonally across the grain. Serve vegetables with hot brown rice and flank steak slices. Serves 4.

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