

## Grilled Flank Steak with Vegetables

## INGREDIENTS

- » 1 tbsp low-sodium soy sauce
  - » 1/2 tsp white cooking wine
  - » 1/4 tsp brown sugar
  - » 1 clove minced garlic
  - » 1 tsp minced fresh ginger root
  - » 1 tbsp water
  - » 6 oz flank steak
  - » Nonstick vegetable cooking spray
  - » 1 green onion, sliced
  - » 1/4 cup sliced mushrooms
  - » 1/4 cup sliced red bell pepper
  - » 1/4 cup broccoli florets
  - » Dash of salt-free herb seasoning blend
- » 1/4 cup long-grain brown rice, cooked according to directions without salt or fat

### Nutritional Content

Per Serving

Calories	435cal	Cholesterol	65mg
Protein	31g	Sodium	545mg
Carbohydrate	45g	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 skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add green onion, mushrooms, and red bell peppers. Sauté for 1 minute and add broccoli florets. Add 1/2 tsp 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 1.