

FLANK STEAK WITH HORSERADISH SAUCE

SOURCE: TASTE OF HOME'S LIGHT & TASTY PREMIERE ISSUE

This double-duty overnight marinade gently flavors & tenderizes this lean beef cut.

Cook/Prep Time (after marinade time): less than 15 minutes

INGREDIENTS:

1 beef flank steak (1 lb)
3 TBS lemon juice
2 TBS Dijon mustard
2 TBS Worcestershire sauce
2 garlic cloves, minced
1/8 tsp hot pepper sauce

HORSERADISH SAUCE:

1/4 C fat-free mayonnaise
1/4 C reduced-fat sour cream
1 TBS Dijon mustard
2 green onions, finely chopped
2 tsp prepared horseradish

DIRECTIONS:

Using sharp knife, score steak surface with shallow diagonal cuts at 1" intervals, making diamond shapes- repeat on other side - in large re-sealable plastic bag, combine next 5 ingredients - add steak - seal bag & turn to coat - refrigerate 8 hours or overnight. Combine sauce ingredients in small bowl - cover/refrigerate.

Drain/discard marinade - grill steak, covered, over medium-hot heat 7-8 minutes per side or till thermometer reads 140° F for rare (160° F for medium / 170° F for well-done) - thinly slice steak across grain & serve with sauce.

Servings (1/4 of the steak + 2 TBS sauce): 4

[per serving: calories: 225; protein: 26g; carbohydrates: 5g; total fat: 10g; saturated fat: 5g; cholesterol: 51mg; sodium: 353mg; fiber:1g - Diabetic Exchanges: 4 lean meat]