

## London Broil with Texas Toast and Red Onion Jam (for 8)

SOURCE: Cooking Light, AUGUST 2002

### INGREDIENTS:

#### Steak:

1/2 C balsamic vinegar	2 TBS brown sugar
1 TBS Dijon mustard	3 garlic cloves, crushed
1 (2-lb) top round steak, trimmed (about 1 1/2" thick)	Cooking spray
1/2 tsp kosher salt	1/2 tsp cracked black pepper

#### Red Onion Jam:

1 TBS olive oil	8 C sliced red onion (about 1 1/2 lbs)
1/4 C balsamic vinegar	2 TBS brown sugar
2 TBS minced peeled fresh ginger	6 garlic cloves, minced
1 TBS thinly sliced fresh basil	1/2 tsp kosher salt
1/2 tsp cracked black pepper	

#### Toast:

8 (1 1/2-oz) slices sourdough bread	
2 TBS butter, melted	1 garlic clove, crushed

### DIRECTIONS:

**To prepare steak:** place first 4 ingredients + steak in large zip-top plastic bag – seal/marinate in refrigerator 2 hours, turning occasionally. Remove steak, discarding marinade - sprinkle with 1/2 tsp salt + 1/2 tsp pepper - place on broiler pan coated with cooking spray - broil 10 minutes/side (medium-rare) – cover loosely with foil - let stand on cutting board 10 minutes. Cut steak against grain into thin slices.

**To prepare jam:** heat oil in Dutch oven over medium-high heat - add onion - cook 20-25 minutes or till deep golden brown, stirring frequently - add 1/4 C vinegar, 2 TBS sugar, ginger + 6 minced garlic cloves - cook 2 minutes or till liquid almost evaporates. Stir in basil, 1/2 tsp salt + 1/2 tsp pepper.

**To prepare toast:** place bread slices on large baking sheet. Bake 8 minutes at 350° F or till lightly browned. Combine butter + 1 crushed garlic clove - brush over toast. Serve steak with toast + jam.

**NUTRITION PER SERVING:** CALORIES 398 (25% from fat); FAT 11g (sat 3.8g, mono 4.6g, poly 0.8g); PROTEIN 35.8g; CARB 40.1g; FIBER 4.5g; CHOL 84mg; IRON 4.3mg; SODIUM 549mg; CALC 68mg