

## **Bourbon and Brown Sugar Flank Steak with Garlic-Chive Mashed Potatoes**

**SOURCE:** Cooking Light, SEPTEMBER 2002

Pork tenderloin will also work in this recipe.

**Serves:** 8

### **INGREDIENTS:**

#### **Steak:**

1/4 C packed dark brown sugar	1/4 C minced green onions
1/4 C bourbon	1/4 C low-sodium soy sauce
1/4 C Dijon mustard	1/2 tsp freshly ground black pepper
1/4 tsp Worcestershire sauce	1 (2-lb) flank steak, trimmed
Cooking spray	1/2 tsp cornstarch

#### **Potatoes:**

3 lbs small red potatoes	6 garlic cloves, peeled
1/2 C reduced-fat sour cream	1/3 C 2% reduced-fat milk
2 1/2 TBS butter	1 tsp salt
1/4 tsp freshly ground black pepper	1/4 C chopped fresh chives
8 Fresh chives, cut into 1" pieces (for garnish)	

### **DIRECTIONS:**

**To prepare steak:** combine first 7 ingredients in a large zip-top plastic bag - add steak - seal and marinate in refrigerator 8 hours or overnight, turning bag occasionally. Remove steak from bag, reserving marinade. Prepare grill. Place steak on grill rack coated with cooking spray - grill 5 minutes on each side or till desired degree of doneness - let stand 10 minutes. Cut diagonally across grain into thin slices. Combine reserved marinade and cornstarch in saucepan - bring to boil - cook 1 minute, stirring constantly.

**To prepare potatoes:** place potatoes + garlic in large Dutch oven - cover with water - bring to boil - reduce heat - simmer 30 minutes or till tender - drain. Return potatoes + garlic to pan and place over medium heat - add sour cream, milk, butter, salt + pepper - mash potato mixture to desired consistency - stir in chopped chives. Mound 3/4 C potatoes on each of 8 plates - arrange 3 oz steak around each serving of potatoes. Drizzle 1 TBS sauce on each plate - sprinkle with chive pieces, if desired.

**NUTRITION PER SERVING: CALORIES 456 (30% from fat); FAT 15.4g (sat 7.4g, mono 4.9g, poly 0.8g); PROTEIN 29.1g; CARB 45.9g; FIBER 3.7g; CHOL 77mg; IRON 4.8mg; SODIUM 887mg; CALC 84mg**