

SOUTH BEACH Herb Crusted Flank Steak
SOURCE: SOUTH BEACH DIET ONLINE

INGREDIENTS:

1-LB flank steak, visible fat removed
1/4 tsp salt
1/2 tsp tarragon
1/2 tsp garlic, minced
1/4 tsp freshly ground pepper
2 TBS Dijon® mustard
1/4 C whole wheat bread crumbs
1 TBS fresh parsley, chopped

Directions:

Preheat broiler and pan - combine salt, tarragon, garlic, pepper + Dijon mustard in small bowl. Spread half this mixture onto 1 side of the meat. Broil mustard side up, about 4" from heat for 4 minutes. Turn meat over, spread remaining mixture - broil an additional 3 minutes - combine breadcrumbs + parsley - pat evenly on meat - broil 1 minute more - let stand 5 minutes. Slice steak thin diagonally across the grain.

Serves 4.