

SERVES 4

Janice Mitchell, Chef
Jane Henderson, Dietitian

Flank steak is a popular cut of beef because it is versatile and extremely flavorful. In this recipe, the steak is marinated in a soy, garlic, ginger and honey sauce. The result is both tender and packed with flavor. Serve with stir-fired vegetables or salad and garlic bread.

TIP

Marinating meat adds flavor while it tenderizes. For convenience, marinate meat in a resealable plastic freezer bag.

DIETITIAN'S MESSAGE

Flank steak is a lean cut of meat that can be quite elegant when grilled and cut across the grain. Serve this delicious steak with rice and stir-fried vegetables or Sautéed Spinach with Pine Nuts. Finish the meal with Peach Cobbler.

Sesame Steak

1/4 cup	light soy sauce	50 mL
1	clove garlic, minced	1
1	small onion, finely chopped	1
1 tbsp	liquid honey	15 mL
1 tbsp	sesame seeds	15 mL
1 tsp	grated ginger root	5 mL
1 tsp	black pepper	5 mL
1 lb	flank steak	500 g

1. In a shallow nonaluminum pan, mix together soy sauce, garlic, onion, honey, sesame seeds, ginger and pepper. Add steak, turning to coat. Cover and marinate in refrigerator for at least 4 to 6 hours or preferably overnight.
2. Preheat barbecue or broiler ; place steak on greased grill or under broiler; cook for 4 to 5 minutes per side for medium-rare. Slice across the grain to serve.

PER SERVING

Calories : 200

Dietary Fiber : Trace

Carbonhydrate : 2 g

Fat : 9 g

Protein : 26 g