Balsamic-Marinated Flank Steak

By Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving: 3 oz. steak and ¼ c. peppers and scallions per person
¼ c. balsamic vinegar 2 t. reduced-sodium, gluten-free tamari* 2 t. canola oil 2 t. honey 2 cloves garlic, minced 6 oz. flank steak 2 med. red bell peppers, cut in half through the stem end, with cores and tops removed 1 bunch scallions	Exchanges ..... 2 vegetable ..... 3 protein ..... 3 fat ..... 1 other carb Calories.....325 Calories from Fat .....135 Total Fat.....15 g Saturated Fat .....5 g Cholesterol.....51 mg Sodium.....244 mg Carbohydrate .....20 g Fiber.....3 g Sugar ..... 16 g Protein .....25 g

Instructions	Notes
1. Prepare your grill. While it gets started, mix the vinegar, tamari, oil, honey and garlic in a medium bowl. Drop the steak into the bowl, swirling it around to cover it in the marinade. Add the peppers and scallions to the bowl and cover them in the marinade as well. 2. When the grill is ready, lay the steak, peppers and scallions separately on the grill. Discard any remaining marinade. 3. Cook the steak for about 4 min. per side for medium doneness. Remove the steak and let the peppers and scallions keep cooking. Let the steak rest for 5 min. Remove the vegetables from the grill. Cut the peppers into thin strips. Slice the steak, against the grain, into ¼-in. slices. Serve the steak with the peppers and scallions.	Prep and cook time: 25 min *GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form For simplicity's sake; count other carbs as starches.* Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products. *Most brands of tamari (aged soy sauce) are certified gluten-free, but it doesn't hurt to check the bottle.

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