

Eat  
Well



## GRILLED FLANK STEAK WITH BBQ VEGGIES

You can't go wrong with this sizzling combination of steak and veggies. Flank steak is a popular and easy summertime steak. Slice it thinly across the grain so that every bite melts in your mouth. Balsamic vinegar gives beef a rich flavour.

Prep Time **15** min

Cook Time **25** min

Makes 6 Servings

- 1 flank steak (about 600 g/20 oz)
- 60 mL (1/4 cup) balsamic vinegar
- 15 mL (1 tbsp) each sodium reduced soy and Worcestershire sauce
- 2 cloves garlic, grated
- 10 mL (2 tsp) chopped fresh rosemary
- 10 mL (2 tsp) extra virgin olive oil
- 5 mL (1 tsp) Dijon mustard
- 1 pkg (170 g/6 oz) sliced portabella mushrooms
- 1 small red onion, cut into wedges
- 1 zucchini, sliced
- 1 red pepper, quartered
- 750 mL (3 cups) baby spinach

### NUTRIENTS PER SERVING % DV

Calories	180	-
Fat	7 g	10 %
Saturated + Trans	3 g 0 g	14 % -
Cholesterol	43 mg	-
Sodium	104 mg	4 %
Carbohydrate	7 g	2 %
Fibre	2 g	7 %
Sugars	3 g	-
Protein	23 g	-
Vitamin A	-	18 %
Vitamin C	-	66 %
Calcium	-	3 %
Iron	-	19 %

1. Using a fork, pierce flank steak all over and place in a resealable plastic bag.
2. In a small bowl, whisk together vinegar, soy and Worcestershire sauces, garlic, rosemary, oil and mustard. Reserve 30 mL (2 tbsp) and pour remaining mixture into the bag. Refrigerate steak for at least 1 hour or up to one day.
3. Place mushrooms, onion, zucchini and red pepper in a large bowl and spray lightly with cooking spray. Place vegetables on preheated greased grill over medium-high heat and cook for about 10 minutes, turning occasionally until tender crisp and golden. Return to bowl and drizzle with reserved balsamic mixture and toss to combine. Add spinach to wilt slightly; set aside.
4. Place steak on grill turning occasionally for about 12 minutes or until desired doneness. Remove to clean cutting board and let stand for 5 minutes before slicing thinly across the grain. Place steak over top of salad to serve.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



### TIPS

- Little chefs can whisk up the marinade. Older kids can help cut up the veggies.
- Toss leftovers with cooked whole grain pasta or quinoa for a whole new meal.
- Change up this recipe by using different seasonal veggies.



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