

Flank Steak

4 servings



What you need:

2/3 cup low-sodium soy sauce
4 tablespoons brown sugar
2 teaspoons minced fresh ginger
1 ½ lbs flank steak

All you do:

1. In a shallow dish, combine the soy sauce, brown sugar, and ginger. Marinate the steak in the mixture for at least 3 hours in the refrigerator.
2. Preheat the broiler. Remove the steak from the marinade and broil for about 5 minutes per side, until it is done to your satisfaction. For a more intense flavor, you can pan cook the steak in the marinade.

Nutrition per Serving : Calories 413, Fat 18 g, Protein 46 g , Carbohydrates 16 g , Cholesterol 87 mg , Sodium 924 mg

*** Marinade is very tasty with chicken or salmon as well.**