

Flank Steak with Cucumber-Pepperoncini Relish

from **Cooking Light**

Pepperoncini peppers are yellow, wrinkled, and slightly spicy; we use both the chopped pickled pepper and pickling liquid to flavor the crunchy relish. Serve with soft pita wedges and a simple dill-garlic yogurt dip. Combine 2/3 cup plain 2% reduced-fat Greek-style yogurt (such as Fage), 2 teaspoons chopped fresh dill, 1 1/2 teaspoons fresh lemon juice, 1 teaspoon bottled minced garlic, 1/8 teaspoon salt, and a dash of ground red pepper.



Photo: Randy Mayor; Styling: Jan Gautro

- 1 (1-pound) flank steak, trimmed
- 1 tablespoon bottled minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray
- 1 tablespoon pickled pepperoncini pepper pickling liquid
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon Dijon mustard
- 1 pickled pepperoncini pepper, chopped
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons crumbled feta cheese
- 1/2 English cucumber, quartered lengthwise and sliced (about 1 cup)

1. Preheat broiler.

2. Sprinkle both sides of flank steak evenly with garlic, salt, and 1/4 teaspoon black pepper. Place steak on a broiler pan coated with cooking spray; broil steak 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board; cover and let stand 5 minutes. Uncover; cut steak diagonally across grain into thin slices.

3. Combine pepperoncini pickling liquid, olive oil, and mustard in a medium bowl, stirring well with a whisk. Add chopped pepperoncini pepper, parsley, cheese, and cucumber to oil mixture in bowl; toss well to combine. Serve steak with relish.

Yield: 4 servings (serving size: 3 ounces steak and 1/4 cup relish)

CALORIES 219 ; FAT 11.1g (sat 3.8g,mono 5.2g,poly 0.6g); CHOLESTEROL 46mg; CALCIUM 43mg; CARBOHYDRATE 2.4g; SODIUM 459mg; PROTEIN 24.9g; FIBER 0.6g; IRON 1.7mg

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