

Beef, Grilled

Grilled Flank Steak with Spicy Vegetables

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

Grill Time: 8 minutes

1/2 teaspoon cinnamon

1 teaspoon ground cumin

1 teaspoon salt

1/4 teaspoon cayenne pepper

3 tablespoons olive oil

2 zucchini, sliced lengthwise

2 yellow summer squash, sliced lengthwise

1 red bell pepper, sliced

1 1/2 pounds flank steak

Preheat the grill.

In a bowl, combine the cinnamon, cumin, salt and cayenne pepper.

Drizzle oil on the vegetables and steak.

Sprinkle half of the spice mixture on the vegetables. Rub the remaining spice mixture into the steak. Set aside for 10 minutes.

Grill the steak over over medium to taste - about 5 minutes per side for medium-rare.

Grill the vegetables for 8 minutes, turning once.

Slice the steak very thin and serve with the vegetables.

Per Serving (excluding unknown items): 415 Calories; 28g Fat (61.5% calories from fat); 34g Protein; 5g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 656mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 3 Fat.