

Beef, Grill

Steak Teriyaki Quesadillas

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Preparation Time: 20 minutes

Grill Time: 15 minutes

1/3 cup reduced-sodium soy sauce
1/3 cup reduced-sodium chicken broth
1 tablespoon brown sugar
1 teaspoon fresh gingerroot, minced
1/2 teaspoon onion powder
1 clove garlic, minced
1 3/4-pound beef top sirloin steak, 1-inch thick
1/2 cup fresh pineapple, finely chopped
1/2 cup red onion, finely chopped
1/2 cup green pepper, finely chopped
2 cups (8 oz) part-skim mozzarella cheese, shredded
6 8-inch flour tortillas

In a small bowl, combine the soy sauce, chicken broth, brown sugar, ginger, onion powder and garlic. Set aside three tablespoons for the filling.

Pour the remaining mixture into a large resealable plastic bag.

Add the steak. Seal the bag and turn to coat.

Refrigerate for 2 hours.

Drain the steak and discard the marinade.

Grill the steak, covered, over medium heat (or broil four inches from the heat) for 8 to 11 minutes on each side or until the meat reaches the desired doneness (for medium-rare, a meat thermometer should read 145 degrees; medium, 160 degrees; well-done, 170 degrees).

Remove the steak from the grill and cool slightly. Cut into bite-size pieces.

In a large bowl, combine the pineapple, red onion, green pepper and beef.

Sprinkle half of the cheese over three tortillas.

Using a slotted spoon, top with the beef mixture.

Drizzle with the reserved soy mixture.

Sprinkle with the remaining cheese.

Top with the remaining tortillas.

Grill over medium heat for 1 to 2 minutes on each side or until the cheese is melted.

Cut each tortilla into six wedges.

Serve immediately.

Yield: 18 wedges

Per Serving (excluding unknown items): 1585 Calories; 31g Fat (17.8% calories from fat); 45g Protein; 280g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 5242mg Sodium. Exchanges: 16 Grain(Starch); 4 Vegetable; 1/2 Fruit; 6 Fat; 1/2 Other Carbohydrates.