

Steak Verde

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Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 20 minutes

1/4 teaspoon salt

1/4 teaspoon pepper

1 one-pound flank steak, 3/4 to 1-inch thick

1 cup salsa verde (green salsa)

1 cup cilantro leaves, whole

Brush the outdoor grill or stovetop grill pan with oil or coat with nonstick spray.

Heat the grill.

Season the steak with salt and pepper.

Grill the steak for 9 to 11 minutes, turning once, for medium-rare.

Remove the steak to a cutting board. Let rest 5 minutes.

Meanwhile, put the salsa and cilantro into a food processor and process until smooth.

Slice the steak thinly across the grain and serve with the sauce.

Per Serving (excluding unknown items): 46 Calories; 3g Fat (53.6% calories from fat); 5g Protein; trace Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 153mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat.