

Healthy Food for a Wealthy Mood



Vampire Steak

4 tsp. minced garlic
1 Tbsp. fresh lemon juice
2 tsp. Spanish smoked paprika
2 tsp. chopped fresh tarragon
1 (1 ½-pound) flank steak, trimmed
1 tsp. kosher salt
½ tsp. freshly ground black pepper
Cooking spray

Combine first 4 ingredients. Score a diamond pattern on both sides of steak; rub juice mixture evenly over both sides. Cover; refrigerate 1 hour.

Preheat grill to high heat.

Sprinkle both sides of steak evenly with salt and pepper. Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness. Remove steak from grill; let stand 5 minutes. Cut steak across grain into slices.

Serves 6

Calories 166; Fat 6.3g; Protein 24.7g; Carb 1.4g, Fiber .4g;
Chol 37mg; Iron 2mg; Sodium 383mg; Calc 34mg

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