

Grilled Flank Steak in Churrasco Marinade

Serves 6

Sauteed Greens makes a wonderful side dish as does rice. Leftovers make a great sandwich, paired with avocado slices and a salsa-flavored mayonnaise.

3 medium onions, chopped coarsely

6 large cloves of garlic, chopped coarsely

½ cup fresh lemon juice

1½ to 2 teaspoons black pepper, freshly ground

1 teaspoon salt

2 flank steaks, each about 1¼ pounds

Olive oil for brushing

Remove the steak from the marinade. Pat dry and then brush the steak with a bit of oil so it does not stick. Grill the flank steak until it is rare, about 2 to 3 minutes on each side.

Put the steaks on a cutting board. Let them rest for 5 minutes then slice across the grain, with the knife on an angle. Serve with Sauteed Greens, cooked rice and Chimichurri Sauce on the side.

For the marinade: Quickly pulse onions and garlic in the food processor. Add lemon juice and pulse again. The mixture should be chunky. Add pepper and salt. Pour mixture over flank steaks and marinate 1 to 2 hours at room temperature. Turn the steaks once or twice in the marinade.

For the flank steak: Make a charcoal or mesquite fire or pre-heat a gas grill.

Per serving: 300 calories, 39 g protein, 0 carbohydrate, 15 g fat (7 g saturated), 98 mg cholesterol, 121 mg sodium, 0 fiber.

The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Variables include the type of food, marinating time and amount of surface area. Therefore, the marinade is not included in this analysis.