

Greek Style Flank Steak with Tangy Yogurt Sauce

Ingredients

- 1 beef flank steak (12 oz)

For marinade:

- 1/4 C lemon juice
- 1 Tbsp olive oil
- 2 tsp fresh oregano, rinsed, dried, and chopped (or 1/2 tsp dried)
- 1 Tbsp garlic, minced (about 2–3 cloves)

For yogurt sauce:

- 1 C cucumber, peeled, seeded, and chopped
- 1 C nonfat plain yogurt
- 2 Tbsp lemon juice
- 1 Tbsp fresh dill, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1/2 tsp salt

Directions:

For the marinade, combine lemon juice, olive oil, oregano, and garlic in a large bowl. Lay steak in a flat container with sides and pour marinade over the steak. Let the steak marinate for at least 20 minutes or up to 24 hours, turning several times. Combine all the ingredients for the yogurt sauce. Set yogurt sauce aside for at least 15 minutes to blend flavors. (Sauce can be prepared up to 1 hour in advance and refrigerated.)

Preheat oven broiler on high temperature, with the rack 3 inches from heat source. Broil steak for about 10 minutes on each side (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving. Slice thinly across the grain into 12 slices (1 ounce each). Serve three slices of the steak with 1/2 cup yogurt sauce on the side.

Reference:

National Heart, Lung, and Blood Institute. Keep the Beat: Deliciously Healthy Eating. Available at: <http://hp2010.nhlbihin.net/healthyeating/Default.aspx>. Accessed 2/10/10.

Number of Servings: 4	
Serving Size: 3-oz steak, 1/2 cup yogurt sauce	
Each serving provides:	
Calories:	181
Total Fat:	7g
Saturated Fat:	2g
Cholesterol:	36mg
Sodium	364mg
Total Carbohydrates:	9g
Total Fiber:	less than 1g
Protein:	21g