

Grilled Flank Steak

Judy Gilliard

Servings: 4



Secret to great flavor is to sear the meat, caramelizing the outside of the meat, then letting it rest so all the juices stay in when sliced. Flank steak has great flavor and is best cooked medium rare.

1 pound flank steak, trimmed of fat

1 teaspoon olive oil

1/2 teaspoon sea salt

1 tablespoon black pepper

Coat each side of flank steak with oil, salt and pepper.

Cook on a hot grill, 4 to 5 minutes on each side. Let rest for 10 minutes.

Slice on the angle.

Per Serving (excluding unknown items): 214 Calories; 13g Fat (55.8% calories from fat); 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 315mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Fat.