

# MARINATED FLANK STEAKS

SERVES 8



2 lbs Flank steaks  
1 1/2 Tbsp Prepared mustard  
3 Tbsp Dry red wine  
3 Tbsp Low sodium soy sauce  
3 Tbsp Lemon juice  
3 Tbsp Worcestershire sauce  
Vegetable oil spray

Serving Size:	4 oz
Calories:	213
Fat:	7 gm
Protein:	32 gm
Carbohydrates:	1.2 gm
Sodium:	311 mg

## Directions:

- Make Shallow cuts in steaks diagonally across grain at 1-inch intervals. Brush both sides of steaks with mustard. Place steaks in a large shallow dish.
- In separate bowl, combine wine and next 3 ingredients. Pour 1/2 over steaks, reserving 1/2 for a reductions sauce.
- Cover and marinate in refrigerator for at least 2 hours, turning steak occasionally.
- Preheat broiler.
- Place reserved marinade in a small saucepan. Bring to boil. Remove from heat and set aside.
- Remove steak from marinade and place on a rack in broiler pan coated with cooking spray. Broil until internal temperature reaches 145° for 15 seconds (approximately 5 to 7 minutes on each side.)
- Slice steaks diagonally against the grain into thin slices. Drizzle reduced marinade over the top.

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