



HEALTHY WORLD RECIPE

Brazil: Brazilian Flank Steak

Ingredients:

STEAK

- 6 cloves garlic, minced
- 1/2 small hot pepper, such as jalapeño or serrano, minced
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 2 pounds flank steak

SALSA

- 1 14-ounce can hearts of palm, drained, halved lengthwise and thinly sliced
- 4 medium tomatoes, chopped
- 1/2 cup chopped red onion
- 1/2 small hot chile, such as jalapeño or serrano, minced
- 1/4 cup chopped fresh cilantro
- 2 tablespoons red-wine vinegar
- 1/4 teaspoon kosher salt



Preparation:

1. Preheat grill to high. Instead of grilling, you may position oven rack 6 inches from the heat source and preheat broiler. In Step 4, cook steak on a broiler pan under the broiler until medium-rare, turning once, about 10 minutes total.
2. To prepare steak: Combine garlic, hot pepper, oil and salt in a small bowl. Rub the mixture on both sides of steak.
3. To prepare salsa: Combine hearts of palm, tomatoes, onion, hot pepper, cilantro, vinegar and salt in a medium bowl.
4. Reduce grill to heat to medium and grill the steak 4 to 6 minutes per side for medium-rare. Transfer to a cutting board, tent with foil and let rest for 5 minutes. Cut the steak across the grain into thin pieces. Serve with the salsa.

Source: eatingwell.com

Email askthepros@acispecialtybenefits.com if you have a healthy traditional family recipe you would like to see featured!

Servings: Makes 8 servings

Prep time: 30 minutes

Cook time: 10 minutes

Nutrition Facts (per serving):

215 calories, 8g fat, 7g carbohydrates, 0g added sugar, 29g protein, 2g fiber, 341mg sodium, 627mg potassium



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com

