



Grilled Marinated Flank Steak Sandwiches *in a new light*

Makes: 12 servings

Prep Time: 15 minutes (plus 8 hours marinating time and preheating grill)

Cook Time: 10-15 minutes

Difficulty: Easy

Ingredients:

Marinade/Meat:

- 1 1/2 tablespoons lemon juice
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons Worcestershire sauce
- 2 teaspoons olive oil
- 3 garlic cloves, minced
- 1/2 teaspoon ground black pepper
- 1 (2-pound) flank steak, trimmed

Bacon-Horseradish Sauce:

- 4 tablespoons light mayonnaise
- 3 tablespoons plain nonfat Greek yogurt
- 3 tablespoons minced scallions
- 1/4 teaspoon grated lemon zest

Directions:

In large, resealable plastic bag, combine lemon juice, soy sauce, Worcestershire sauce, oil, garlic, and black pepper; add steak. Seal bag, squeezing out air, and refrigerate for at least 8 hours, turning bag occasionally.

Preheat grill for direct grilling over medium heat.

Drain steak, discarding marinade. Grill, turning once, about 5–7 minutes per side, to desired doneness (130°–135°F for medium-rare, 140°–150°F for medium). Tent with foil and let stand 10 minutes before slicing.

Meanwhile, in small bowl, combine mayonnaise, yogurt, scallions, lemon zest, lemon juice, bacon, and horseradish; thin with 1 tablespoon water. Cover and chill.

To assemble sandwiches, thinly slice beef against the grain into 36 slices. Spread a scant tablespoon of Bacon-Horseradish Sauce on the bottom half of each roll. Top each with 3 slices of beef and arugula leaves; cover with

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Ingredients (cont'd)

- 1 tablespoon lemon juice
- 2 slices crisp-cooked bacon, crumbled
- 2 teaspoons prepared horseradish

10 small (1 1/2-ounce) whole wheat rolls (try slider-size), split and toasted

2 cups arugula leaves, for serving

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top halves of rolls.

Nutritional Information: *Per serving (1 sandwich): 270 calories, 11 g fat (3.5 g saturated, 0 g trans), 55 mg cholesterol, 310 mg sodium, 23 g carbohydrate, 3 g fiber, 21 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.