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...
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

Grilled Marinated Flank Steak Sandwiches in a new light (cont’d)

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.