



BROILED FLANK STEAK WITH WARM TOMATO TOPPING

Basic Lifestyle

Ingredients

1-1/4 TSP ground cumin, divided
3/4 TSP salt, divided
1/8 TSP ground red pepper
1 (1-pound) flank steak, trimmed
Cooking spray
1 TSP olive oil
1 TSP bottled minced garlic
1 jalapeño pepper, seeded and minced (about 1 tablespoon)
2 cups grape or cherry tomatoes, halved
1/4 cup chopped fresh cilantro

Instructions

1. Preheat broiler.
2. Combine 1 TSP cumin, 1/2 TSP salt, and red pepper; sprinkle evenly over steak. Place steak on a broiler pan coated with cooking spray; broil 10 minutes or until desired degree of doneness, turning once. Cut steak diagonally across grain into thin slices.
3. Heat oil in a large nonstick skillet over medium heat. Add garlic and jalapeño to pan; cook 1 minute. Add remaining 1/4 TSP cumin, remaining 1/4 TSP salt, and tomatoes to pan; cook 3 minutes or until tomatoes begin to soften. Remove from heat; stir in cilantro. Serve tomato topping with steak.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 3 oz. meat + 1/2 cup tomato topping = 1 P, 1 V

