



FLANK STEAK WITH COFFEE-PEPPERCORN MARINADE

Basic Lifestyle

Ingredients

- 3 TBS strong brewed coffee
- 1 TBS balsamic vinegar
- 1 TBS extra-virgin olive oil
- 1 TBS brown Splenda
- 2 cloves garlic, minced
- 1 TSP whole black peppercorns, crushed
- 1/2 TSP salt
- 1 pound flank steak, trimmed of fat

Instructions

1. Whisk coffee, vinegar, oil, sugar, garlic, peppercorns and salt in a glass dish large enough for meat to lie flat. Add steak and turn to coat. Cover and refrigerate for at least 1 hour or up to 8 hours.
2. Heat grill to high.
3. Remove steak from marinade (discard marinade). Lightly oil grill rack. Place steak on grill and cook for 4 to 5 minutes per side for medium-rare.
4. Transfer steak to a cutting board and let rest for 5 minutes. Slice thinly across the grain and serve.

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

1 serving = apx. 4 oz. steak = 1 P