



## **BROILED FLANK STEAK w/WARM TOMATO TOPPING**

**Basic Lifestyle**

### **INGREDIENTS**

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

### **INSTRUCTIONS**

—Preheat broiler.

—Combine 1 TSP cumin, 1/2 teaspoon 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.

—Heat oil in a large nonstick skillet over medium heat. Add garlic and jalapeño to pan; cook 1 minute. Add remaining 1/4 teaspoon cumin, remaining 1/4 teaspoon 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.\*

\*Let the steak stand while you heat the topping.

**SERVING INFO:** (Serves 4)

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

See photo of recipe at [Instagram](#) and [Facebook](#).