

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Flank Steak with Salsa Verde

From Cathy Chipley of Dierbergs School of Cooking

Makes 6 servings

1 flank steak (about 1 ½ pounds)

### Marinade

¼ cup olive oil  
2 tablespoons red wine vinegar  
2 cloves garlic, minced  
2 bay leaves  
1 teaspoon dried oregano  
½ teaspoon red pepper flakes  
½ teaspoon salt  
½ teaspoon freshly ground black pepper

### Spice Mixture

1 teaspoon dried oregano  
½ teaspoon red pepper flakes  
½ teaspoon salt  
½ teaspoon freshly ground black pepper

Combine all marinade ingredients in a large freezer-weight reclosable plastic bag. Add flank steak; seal bag and turn to coat steak evenly. Marinate in refrigerator for at least 4 hours, or preferable overnight.

Preheat grill to high. Combine spice mixture in small bowl; set aside.

When ready to grill, rub grill with oil. Drain steak and discard marinade. Place steak on hot grill and sprinkle with half of the spice mixture; grill for 4 minutes. Turn and sprinkle cooked side of steak with remaining spice mixture; cook for 4 minutes to medium to medium-well doneness.

Transfer steak to cutting board and let stand 3 to 5 minutes. Cut into thin strips. Serve with Salsa Verde.

### Salsa Verde

1 bunch fresh Italian parsley, stemmed	¼ cup water
1 small head garlic, broken into cloves and peeled (8 to 10 cloves)	1 teaspoon salt or more to taste
1 medium carrot, peeled and grated	1 teaspoon dried oregano
1 cup olive oil	½ teaspoon red pepper flakes
1/3 cup white wine vinegar	½ teaspoon black pepper

Place parsley and garlic in work bowl of food processor fitted with steel knife blade; pulse to chop as finely as possible. Add remaining ingredients; pulse to mix. Taste for seasoning, adding vinegar, salt, or pepper flakes to taste. The sauce should be highly seasoned. For best flavor, serve within a few hours.

Makes 2 cups