

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Grilled Honey and Ginger Marinated Flank Steak

From www.melskitchencafe.com

3 Tbsp olive oil
¼ cup low sodium-soy sauce
¼ cup honey
2 cloves garlic, crushed or finely minced
1 Tbsp red wine vinegar
½ Tbsp fresh ginger, grated or finely chopped
½ tsp onion powder
¼ tsp black pepper
2 pounds (more or less) flank steak

1. Whisk together all the marinade ingredients in a small bowl. Place the flank steak in a shallow dish (like a 9x13-inch pan) and pour the marinade over the steak. Cover and let marinate for 8-10 hours, flipping the steak once or twice during the marinate time.
2. Grill the flank steak over medium heat for about 7-8 minutes per side, depending on how well done you like your steak. Let the steak rest for about 10 minutes before slicing very thinly against the grain and serving.