

GRILLED MARINATED FLANK STEAK



Juice of 1 lemon
¼ c. reduced sodium soy sauce
¼ c. red wine
2 T. canola oil
2 T. Worcestershire sauce
1 clove garlic, minced
Freshly ground black pepper,
to taste
½ t. dried dill weed
One 1½# flank steak,
trimmed

Mix all ingredients in a small bowl. Place flank steak in a zip-top bag. Pour marinade over steak.

Seal bag, turn to coat and place in refrigerator for 2-4 hours.

Grill meal over med. high heat, about 5 min. per side.

Slice meat diagonally across the grain.

Serves 6.