



Grilled Flank Steak with Chimichurri

INGREDIENTS (Yield: 8 servings)

- 1 bunch flat leaf parsley
- 8 cloves garlic, minced
- ½ cup extra virgin olive oil
- ¼ cup red wine vinegar
- Juice of 1 lemon
- 1 tablespoon diced red onion
- 1 teaspoon dried oregano
- ½ teaspoon red pepper flakes (optional)
- 1 teaspoon black pepper
- ½ teaspoon salt
- 2 pounds flank steak

NUTRITION INFORMATION: 303 Calories; 13 grams Fat; 4 grams Saturated Fat; 44 mg Cholesterol; 113 mg Sodium; 1-gram Carbohydrates; 0.5 grams Fiber; 32 grams Protein

DIRECTIONS

1. Pulse parsley in a food processor and transfer to medium-sized bowl. Add garlic, olive oil, red wine vinegar, lemon juice, red onions, oregano, red pepper flakes (optional), black pepper and salt. Mix thoroughly.
2. Score the steak by making shallow slashes, about 1 inch apart, diagonally across the grain. Place the steak in a shallow glass baking dish. Cover and refrigerate ¼ cup of the marinade mixture until ready for serving; pour the rest over the steak. Cover and chill 6 – 8 hours, turning at least once.
3. Preheat gas grill or prepare charcoal. Remove meat from glass pan and discard its marinade. Grill meat on medium-high heat for 5-7 minutes on each side or to desired doneness. Let rest for 5 – 10 minutes.
4. To serve, cut thin slices diagonally across the grain and top with the remaining ¼ cup of mixture.