



# Weekly Recipe Challenge



## Brazilian Grilled Flank Steak *(courtesy of EatingWell)*

Barbecued meats (*churrasco*) are served in *churrascarias*, Brazilian barbecued-meat restaurants, with a salsa-like sauce as an accompaniment. Since hearts of palm show up at every salad bar in these restaurants, we've added them to the sauce to give it a tasty twist.

**8 servings** (1/2 Carbohydrate Serving) | **Active Time:** 30 minutes | **Total Time:** 30 minutes



### Ingredients

#### Steak

- 6 cloves garlic, minced
- 1/2 small hot pepper, such as jalapeño or serrano, minced
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 2 pounds flank steak

#### Salsa

- 1 14-oz can hearts of palm, drained, halved lengthwise and thinly sliced
- 4 medium tomatoes, chopped
- 1/2 cup chopped red onion
- 1/2 small hot chile, such as jalapeño or serrano, minced
- 1/4 cup chopped fresh cilantro
- 2 tablespoons red-wine vinegar
- 1/4 teaspoon kosher salt



### Instructions

1. Preheat grill to high
2. To prepare steak: Combine garlic, hot pepper, oil and salt in a small bowl. Rub the mixture on both sides of steak.
3. To prepare salsa: Combine hearts of palm, tomatoes, onion, hot pepper, cilantro, vinegar and salt in a medium bowl.
4. Reduce grill heat to medium and grill the steak 4 to 6 minutes per side for medium-rare.
5. Transfer to a cutting board, tent with foil and let rest for 5 minutes. Cut the steak across the grain into thin pieces. Serve with the salsa.



**Nutritional Information (per serving)** **Exchanges:** 1 vegetable, 4 lean meat

- **Calories** 215
- **Carbohydrates** 7g (Fiber 2g)
- **Cholesterol** 37mg
- **Fat** 8g ( 3g Saturated Fat; 4g Monounsaturated)
- **Sodium** 341mg
- **Potassium** 627mg
- **Protein** 29