

Flank Steak w/ Caramelized Onions

& Balsamic Glaze

-adapted from Cooking Light Magazine 7/05

Yields: Approx.

five 2 unit portions protein (2 oz.)

four 3 unit portions protein (3 oz.)

three & half 4 unit portions protein (4 oz.)

two & half 5 unit portions protein (5 oz.)

Ingredients:

2/3 cup High Quality Balsamic Vinegar

1 Tbsp. High Quality Olive Oil

1 1/2 pounds Sweet Onion (6 cups vertically sliced)

1/2 tsp. Kosher Salt, divided

One 1 pound Flank Steak, trimmed of fat

1/4 tsp. Ground Black Pepper

1/4 tsp. Dried Thyme

Olive Oil Cooking Spray

Directions:

Step 1: Bring Balsamic Vinegar to a boil in a small, heavy bottom saucepan. Reduce heat to medium; cook until reduced to 1/4 cup; about 5 minutes. Remove pan from heat. This is your glaze.

Step 2: Heat Olive Oil in a large non-stick skillet over medium-high heat. Add the sliced onion; sauté 10 minutes. Sprinkle with 1/4 tsp. of the Kosher Salt; sauté another 18 minutes, or until onions are golden brown. Remove skillet from heat.

Preheat Broiler

Step 3: Coat the broiler pan with Olive Oil cooking spray. Place the steak on the pan. Sprinkle with remaining 1/4 tsp. Kosher salt, pepper and thyme. Broil 6 minutes on each side, or until desired degree of doneness. Place the steak on your serving tray.

Cut the steak diagonally across the grain into thin slices.

Step 4: Serve the steak over a bed of onions. Drizzle with the glaze.