

Flank Steak w/ Grilled Summer Fruit

Yields: sixteen 2 unit portions protein/1 carb (3 oz. flank + 1/3 cup fruit)
twelve 3 unit portions protein/2 carbs (4 oz. flank + 1/2 cup fruit)
nine+ 4 unit portions protein/2 carbs (5 oz. flank + 1/2 cup fruit)
eight 5 unit portions protein/2 carbs (6 oz. flank + 1/2 cup fruit)

-YIELD AMOUNTS ARE APPROXIMATE-

-MEASURE YOUR AMOUNT OF FLANK AFTER YOU COOK IT-

Ingredients for Steak:

1 Tbsp. Splenda Brown Sugar
1 1/2 tsp. Kosher Salt
1 1/2 tsp. Ground Cumin
5 Garlic Cloves, minced
3 pounds Flank Steak, trimmed of fat
Olive Oil Cooking Spray

Grilled Fruit Ingredients:

2 pounds Mango, cut into chunks
1 can Chunk Pineapple, No Sugar Added/in Pineapple Juice
3/4 pound Fresh Seedless Watermelon, cut into chunks
1 1/2 cup Sweet Onion, vertically sliced
3 Tbsp. Fresh Cilantro, chopped *optional
3 Tbsp. Fresh Mint, chopped *optional
2 tsp. Light Olive Oil
2 Tbsp. Fresh Ginger, peeled, minced
2/3 cup Cider Vinegar
1 Tbsp. Splenda Brown Sugar
4 Tbsp. Fresh Lime Juice
1/2 tsp. Kosher Salt
1/2 tsp. Ground Red Pepper

Prepare Grill pan by spraying with cooking spray.

Heat on High.

Directions:

Step 1: For the flank; combine the first 4 ingredients in a small bowl. Sprinkle evenly over both sides of the flank. Place flank on the hot grill for about 8 minutes (max) on each side, or until desired degree of doneness. Remove from heat to a clean tray and let stand 10 minutes. Cut diagonally across the grain into thin slices.

Step 2: To prepare the grilled fruit; place the mango and pineapple on the same grill pan, wiped down and re-sprayed with cooking spray. Heat on high. Grill fruit for 4 minutes. Remove from heat to a bowl to cool.

Step 3: In a saucepan, heat olive oil over medium-high heat. Add the onion; sauté 4 minutes. Add ginger; sauté 1 minute. Add vinegar, sugar, lime juice, salt, and pepper; cook 5 minutes, or until liquid almost evaporates.

Step 4: Add the mango and pineapple; cook 1 minute. Remove from heat. Add the watermelon chunks, cilantro and mint. Serve immediately with the Flank Steak Slices.

