

## Marinated Grilled Flank Steak

- Juice of 1 lemon
- ½ cup low-sodium soy sauce
- ¼ cup dry red wine
- 3 tablespoons vegetable oil
- 2 tablespoons Worcestershire sauce
- 2 large cloves of garlic, sliced
- Fresh ground black pepper to taste
- 1 scallion, chopped
- 1 teaspoon dill weed (3 teaspoons if using fresh)
- 1 – 1 ½ lb. flank steak, trimmed

Whisk all ingredients in a bowl and pour into a gallon size Ziploc bag.

Marinate the flank steak for 2 – 12 hours in the refrigerator. Make sure you flip it over every once in awhile. The longer you marinate it the better it will taste, but really try to do at least 2 hours or it will be tough!

Discard the marinade once you are ready to start grilling. Grill the steak until it's cooked just a little under how you like it (Remember: the meat is going to rest and therefore continue cooking another 5 – 10 degrees).

Place the steak on a cutting board and cover loosely with foil - letting it rest for about 6 or 7 minutes.

Slice the steak on the diagonal across the grain and serve.

**Note:** Leftovers can be used for salads, wraps, in a stir-fry, tacos, and quesadillas...enjoy!