grilled flank steak with red potatoes and vegetables

TOTAL TIME
25 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Add your favorite dry herbs or steak seasoning blend to the steak for more flavor. This meal is a snap to clean up. It involves no pots or pans.

SHOPPING LIST

Dairy
2 tbsp butter
1 (20-oz) bag refrigerated red potato wedges

Dry Grocery
aluminum foil
2 tsp minced onion
1 tsp seasoned salt
1/4 cup steak sauce

Meat
1 1/2 lb flank steak

Produce
2 small yellow squash
2 small zucchini

Suggested Items
cheesecake
dinner rolls

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COOKING SEQUENCE

- Preheat grill
- Prepare vegetables and begin to grill - 10 minutes
- Prepare steak and begin to grill; complete and serve - 15 minutes

grilled flank steak

INGREDIENTS

1 1/2 pounds flank steak
1/4 cup steak sauce

STEPS

1. Preheat grill. Rub steak sauce into both sides of steak. 2. Place steak on grill (wash hands); close lid (or cover loosely with foil). Grill 4–5 minutes on each side or until internal temperature reaches 145°F (for medium-rare). Use a meat thermometer to accurately ensure desired doneness. (Grills vary widely; adjust time as needed.) 3. Remove steak from grill and let stand 5 minutes. Cut steak diagonally, against the grain, into thin 1/8-inch-thick slices. Serve.

CALORIES (per 1/4 recipe) 260kcal; FAT 11g; CHOL 70mg; SODIUM 320mg; CARB 2g; FIBER 0g; PROTEIN 37g; VIT A 2%; VIT C 4%; CALC 6%; IRON 15%

red potatoes and vegetables

INGREDIENTS

1 (20-ounce) bag refrigerated red potato wedges
1 (24x12-inch) sheet aluminum foil
2 small yellow squash (rinsed)
2 small zucchini (rinsed)
1 teaspoon seasoned salt
1/4 cup pre-diced onions
2 tablespoons butter

STEPS

1. Preheat grill. Place potatoes in middle of aluminum foil. Cut squash and zucchini into 1-inch cubes; add to potatoes. Sprinkle with seasoned salt and onions. 2. Cut butter into 4–5 pieces and place over vegetable mixture. Bring up foil sides; then double-fold top and ends to seal the package. Place on grill; close lid. Grill 10–12 minutes, turning occasionally, or until potatoes are tender. Serve.

CALORIES (per 1/4 recipe) 160kcal; FAT 6g; CHOL 15mg; SODIUM 580mg; CARB 22g; FIBER 5g; PROTEIN 5g; VIT A 8%; VIT C 40%; CALC 2%; IRON 6%

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