

Marinated Flank Steak

makes 6 servings; 7 POINTS per serving

- $\frac{3}{4}$ cup reduced-sodium soy sauce
 - $\frac{1}{4}$ cup canola oil
 - $\frac{1}{4}$ cup honey
 - $\frac{1}{4}$ cup water
 - 3 scallions, chopped
 - 4 garlic cloves, finely chopped
 - 18 oz lean flank steak
1. In large resealable plastic bag, combine all ingredients except steak; add steak. Seal bag, squeezing out excess air; refrigerate at least 2 hours.
 2. Remove steak from marinade. Transfer marinade to small saucepan; set aside. Grill or broil steak, turning once, until medium.
 3. While steak is cooking, bring marinade to a boil. Reduce heat to low; simmer 5 minutes.
 4. To serve, slice steak across the grain; serve with marinade.

Nutrition information: 276 calories, 14g fat, 0.2g fiber