

# **Grilled Flank Steaks with Herb Butter**

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**Servings: 12**

**Preparation Time: 12 minutes**

**Start to Finish Time: 35 minutes**

*The herb butter can be made up to one week ahead. Keep double-wrapper in the refrigerator until ready to use.*

## **HERB BUTTER**

**2 sticks (1 cup) salted butter, softened**

**1/4 cup chives, chopped**

**1/4 cup parsley, chopped**

**2 tablespoons fresh thyme, chopped**

**1/2 teaspoon freshly ground black pepper**

## **STEAKS**

**2 teaspoons garlic powder**

**2 teaspoons paprika**

**2 teaspoons freshly ground black pepper**

**1/2 teaspoon salt**

**2 (1 1/2 lb ea) flank steaks**

**MAKE THE HERB BUTTER:** Mix the butter, chives, parsley, thyme and pepper in a medium bowl until well blended.

Divide the mixture in half.

Spoon each half onto a sheet of plastic wrap and form into two 5-inch logs. Wrap and refrigerate or spoon into a bowl or crock and serve at room temperature.

**STEAKS:** Mix the garlic powder, paprika, pepper and salt in a small bowl until blended. Sprinkle the mixture all over both steaks.

Brush the grill with oil or coat with nonstick grilling spray. Heat the outdoor grill or indoor grill pan over medium-high heat.

Grill the steaks, turning once, for 10 to 12 minutes for medium-rare. Remove to a cutting board. Let rest for 10 minutes before slicing across the grain.

Serve hot or at room temperature with the herb butter.

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Per Serving (excluding unknown items): 205 Calories; 12g Fat (53.5% calories from fat); 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 169mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fat.