

Marinated Flank Steak

Judy McCabe - Hudson's Grand Rapids

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

1/4 cup vegetable oil
2 tablespoons lemon juice
1/4 cup soy sauce
2 tablespoons green onions,
sliced
1 clove garlic, minced
1 teaspoon black pepper
1 teaspoon celery salt
1 to 2 pounds flank steak

In a flat baking dish, combine all of the marinade ingredients.

Place the steak in the marinade. Marinate for two hours at room temperature. Remove from the marinade.

Grill for 5 minutes on each side or to a desired doneness.

Cut on the diagonal into very thin slices.

Per Serving (excluding unknown items): 181 Calories; 16g Fat (80.0% calories from fat); 6g Protein; 3g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 1443mg Sodium. Exchanges: Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.