

Peppered Flank Steak and Salsa

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Servings: 4

1/2 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
1/4 teaspoon ground white pepper
1/4 teaspoon ground coriander
1/8 teaspoon ground red pepper
1 1-pound flank steak, trimmed
cooking spray
1 1/2 cups red and yellow tomato, diced
2 tablespoons green onions, sliced
4 teaspoons fresh oregano, chopped
1 tablespoon extra-virgin olive oil
2 teaspoons red wine vinegar
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

Preheat grill to medium-high heat. Coat the grill rack with cooking spray.

In a small bowl, combine the salt, cumin, black pepper, white pepper, coriander and red pepper.

Rub the spice mixture evenly over both sides of the steak.

Place the steak on the grill rack. Grill 6 minutes on each side or until the desired degree of doneness.

Let stand 5 minutes.

Cut the steak diagonally across the grain into thin slices.

In a bowl, combine the tomato, green onions, oregano, olive oil, vinegar, salt and black pepper.

Serve the salsa over the steak.

Per Serving (excluding unknown items): 234 Calories; 15g Fat (59.9% calories from fat); 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 411mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.