

Saturday Night Special

Hardie Rogers - Havana, FL

Treasure Classics - National LP Gas Association - 1985

Servings: 4

*1 1/2 pounds flank steak
1/2 pound bacon
1/4 teaspoon dried tarragon,
crushed
1 teaspoon garlic salt
1/2 teaspoon ground pepper
2 tablespoons snipped
parsley*

Preparation Time: 30 minutes

Grill: 15 minutes

Pound the flank steak to even thickness, about 1/2 inch.

In a skillet, fry the bacon until almost done, but not crisp.

Sprinkle the steak with tarragon, garlic salt and pepper. Score the steak diagonally making diamond shaped cuts. Place the bacon strips lengthwise on the steak. Sprinkle with parsley. Roll up, jelly roll fashion. Skewer with wooden toothpicks at one inch intervals. Cut into one inch pieces.

Grill on your grill at medium heat for 15 minutes (rare).

Best when served with salad and potatoes.

Per Serving (excluding unknown items): 629 Calories; 46g Fat (66.9% calories from fat); 50g Protein; 1g Carbohydrate; trace Dietary Fiber; 135mg Cholesterol; 1537mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 5 Fat; 0 Other Carbohydrates.