



IN

**The Villages**<sup>®</sup>

*America's Healthiest Hometown*

## **Greek-Style Flank Steak with Tangy Yogurt Sauce**

**Prep Time:** 25 minutes

**Cook Time:** 25 minutes

**Yields:** 4 servings

**Serving Size:** 3 oz steak, ½ c yogurt sauce

### **Ingredients:**

1 beef flank steak (12 oz)

#### ***For marinade:***

¼ c lemon juice

1 Tbsp olive oil

2 tsp fresh oregano, rinsed, dried, and chopped (or ½ tsp dried)

1 Tbsp garlic, minced (about 2-3 cloves)

#### ***For yogurt sauce:***

1 c cucumber, peeled, seeded, and chopped

1 c nonfat plain yogurt

2 Tbsp lemon juice

1 Tbsp fresh dill, rinsed, dried, and chopped (or 1 tsp dried)

1 Tbsp garlic, minced (about 2-3 cloves)

½ tsp salt

**Directions:**

1. For the marinade, combine lemon juice, olive oil, oregano, and garlic in a large bowl.
2. Lay steak in a flat container with sides and pour marinade over the steak. Let the steak marinate for at least 20 minutes or up to 24 hours, turning several times.
3. Combine all the ingredients for the yogurt sauce. Set yogurt sauce aside for at least 15 minutes to blend flavors. (Sauce can be prepared up to 1 hour in advance and refrigerated).
4. Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
5. Broil steak for about 10 minutes on each side (to a minimum internal temperature of 145°F). Let cool for 5 minutes before carving.
6. Slice thinly across the grain into 12 slices (1 oz each).
7. Serve three slices of the steak with ½ c yogurt sauce on the side.

Tip: try in a sandwich with pita bread, lettuce, and tomato.

**Nutritional Information:**

Calories: 181

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 36 mg

Sodium: 364 mg

Total fiber: 0 g

Protein: 21 g

Carbohydrates: 9 g

Potassium: 329 mg

*Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute*