

CHILE-GLAZED STEAK with SPICY KETCHUP

SERVES 4 / 30 MINUTES

In this twist on steak frites, a sweet-spicy glaze works as both a marinade and a dipping sauce for fries. For a deeper flavor, marinate the steak a few hours and up to 1 day ahead. We like to serve it with store-bought sweet-potato fries (pictured), or make your own by grilling sweet-potato wedges with the steak.

- 3 tbsp. chipotle hot sauce,
such as Cholula brand
- 2 tbsp. packed light brown sugar
- 2 tbsp. apple cider vinegar
- 1/3 cup ketchup
- 1/4 tsp. salt
- 1 tsp. cracked black pepper
- 1 1/4 lbs. flank steak

1. Heat a grill to high (450° to 550°). In a small bowl, combine hot sauce, brown sugar, vinegar, and ketchup. Put half the mixture in a shallow bowl and

reserve the other half to serve as ketchup. Season steak with salt and pepper. Add steak to bowl and turn to coat; marinate 10 minutes.

- 2.** Grill steak, brushing occasionally with any remaining marinade as you go, 5 minutes per side for medium-rare. Remove from heat and let rest 5 minutes.
- 3.** Serve with reserved ketchup and, if you like, fries.

PER SERVING 250 Cal., 29% (72 Cal.) from fat;
30 g protein; 8 g fat (3.3 g sat.); 13 g carbo (0.2 g fiber);
708 mg sodium; 52 mg chol. GF/LC

