

Grilled Marinated Steak

- ¾ cup red wine
- 2 tablespoons Worcestershire
- 1 tablespoon Dijon mustard
- 1 tablespoon sugar
- ½ teaspoon freshly ground black pepper
- 2 pounds flank steak, hanger steak, London broil or sirloin
- 5 garlic cloves, smashed and peeled
- ½ teaspoon coarse salt

To serve, slice the steak on the bias against the grain into thin strips.

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1. Whisk together wine, Worcestershire, mustard, sugar and pepper in a dish large enough to hold the meat. Rub meat with garlic cloves. Place meat and garlic in the marinade. Turn meat to coat completely. Cover and refrigerate at least 2 hours and up to overnight.
2. Bring meat to room temperature.
3. Heat grill to medium-high.
4. Remove meat from marinade and pat dry. Sprinkle with salt and additional black pepper. Place on grill rack and cover grill. Cook 5 minutes. Turn and cook until meat is desired degree of doneness (135F on an instant-read thermometer for medium-rare). Let meat stand at least 5 minutes before carving. Serves 6.

Per serving: 260 calories, 9g fat, 65mg chol., 31g prot., 5g carbs., 3g sugars, 0g fiber, 330mg sodium.