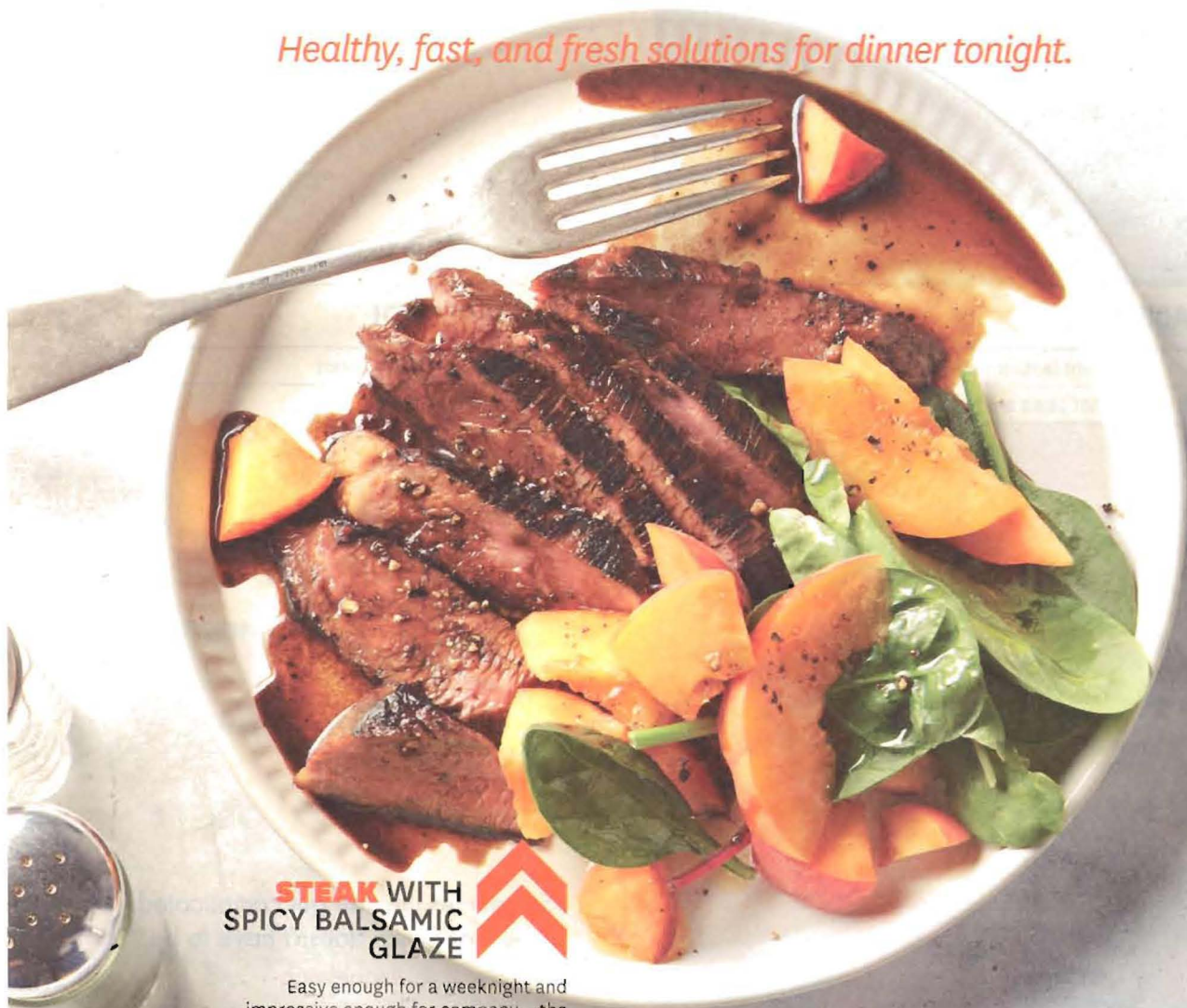


WEEKNIGHT

delicious

Healthy, fast, and fresh solutions for dinner tonight.



STEAK WITH SPICY BALSAMIC GLAZE



Easy enough for a weeknight and impressive enough for company—the secret's in the flavor-packed glaze. Add a simple salad of peaches and spinach.

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WHAT YOU NEED

- 1 lb. boneless top sirloin steak, about 1 inch thick, trimmed of fat
- ½ cup water
- ½ cup apple cider
- ¼ cup Worcestershire sauce
- ¼ cup balsamic vinegar
- ½ tsp. crushed red pepper
- ¼ cup honey

1. Place steak in a resealable plastic bag. Add water, apple cider, Worcestershire sauce, vinegar, and crushed red pepper. Seal bag. Marinate 20 minutes, turning occasionally.

2. Heat a large skillet coated with *nonstick cooking spray* over medium-high heat. Remove steak from bag, reserving marinade. Season with salt and black pepper. Cook 12 minutes, turning once, or until desired doneness. Remove; keep warm.

3. For glaze, add marinade and honey to skillet; whisk to combine. Bring to boiling. Boil gently, uncovered, about 7 minutes or until reduced to ½ cup. Serve glaze with sliced steak. Makes 4 servings.

EACH SERVING 286 cal, 5 g fat, 68 mg chol, 384 mg sodium, 34 g carb, 1 g fiber, 26 g pro.