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Orange-Soy Beef with Asparagus

- 1 bunch asparagus (about 1 lb) trimmed
- 1 (12 oz) flank steak
- 3 Tbsp light soy sauce
- 1 tsp grated orange peel
- 1 tsp ginger
- 1 tsp minced garlic
- ¼ tsp crushed red pepper (optional)

1. Coat contact grill with nonstick spray and heat. Meanwhile, put all ingredients in gallon zip-top bag and turn to coat.
2. Place steak on grill; close and grill 6 minutes for medium-rare. Remove to cutting board. Let rest 5 minutes.
3. While steak is resting, place asparagus on grill; close and grill 5 minutes until crisp-tender. Slice steak thinly across the grain.

Makes 4 servings

Per Serving:

Calories: 186

Fat: 10 g

Protein: 20 g

Carbohydrates: 5 g

Cholesterol: 44 mg

Sodium: 512 mg

Source:

http://www.delish.com/recipefinder/orange-soy-beef-asparagus-121638?click=recipe_sr