	HERB RUBBED FLANK STEA	k with Grilled Seasonal Veggies			
Culinary Intro:	Flank steak is a budget-friendly cut of beef that is rather lean and flavorful. It is quite versatile, as it can be used to make fajitas, added in stir-fries, or grilled and sliced for salads.				
Nutrition Intro:	Most meats contain saturated fats and cholesterol; however by choosing lean cuts you get more nutrients such as protein, and cut on saturated fats. This is a perfect example of turning a salad into a meal by adding a lean protein				
Prep Time:	1 hour	Culinary/ Nutrition Notes for Demo:			
	s for 4 servings:	Culinary:			
Each serving = 3 ounces steak, about 1 cup cooked vegetables Cost per serving= \$2.62 2 garlic cloves, minced or passed through a garlic press 2 sprigs fresh rosemary, finely chopped 4 ¼ teaspoon salt 4 ½ teaspoon freshly ground black pepper 1 teaspoon extra virgin olive oil 12 ounces flank steak Grilled Seasonal Vegetables 1 Tablespoon olive oil 1 Tablespoon freshly squeezed lemon juice 1 green bell pepper, chopped 1 red bell pepper, chopped 1 yellow squash, cut into ½ inch slices 1 small eggplant, cut into ½ inch slices		 fresh herbs can lend a great amount of flavor to foods hearty herbs, rosemary, thyme, and oregano, can be used at the beginning of the cooking process delicate herbs, like basil, cilantro, and parsley, should be added at the end ground herbs and spices can also be used for dry rubs, but make sure blends are salt-free Nutrition: Using fresh herbs and spices is a great way to add less salt and/or fats. Rosemary: aromatic native of the Mediterranean, , Extra-virgin olive oil, extraction process to get its nutrients and monounsaturated fatty acids. Mention other types of oils that provide heart-healthy fats. 			
• 1 pinc Steps: 1. In 5. 2. L p 3. R 5. N	 1 pinch salt 1 pinch ground black pepper Pps: 1. In a small bowl, combine the garlic, rosemary, salt, pepper, and extra virgin olive oil. Stir to combine. 2. Lay the flank steak on a flat plate. Blot with a paper towel to remove any excess juices. 3. Rub the garlic and herb mix all over the flank steak and let sit at least half hour. Note: You can prepare this one day ahead, stored 	 Culinary: lean cuts of beef mean that they are lower in fat and cholesterol a cut with the word "loin" generally refers to a leaner cut flank steak is lean because it sits on the belly of the cow, an area that is exercised ask your butcher to help you choose a cut that is a better choice to prepare Nutrition: Main sources of saturated fats Why and how limit their consumption 			
b 4. H 5. R 5'	n the refrigerator. Remove the steak ½ hour before cooking, so that it is at room temperature. Heat a skillet large enough to hold the steak over nedium heat. Remove any excess garlic herb rub from the teak and lay the steak down onto the skillet. Let ook 4 minutes, then, using tongs, flip and cook	 3 Culinary: rubbing steak can help tenderize Nutrition: Garlic: a type of aromatic, its phytochemical content delivers its potential cholesterol-lowering properties. 			
a 6. R c 7. O to 8. S	Remove the steak from the skillet and let rest, overed with aluminum foil, for 10 minutes. On a separate pan, add olive oil, add vegetables o grill. Season with salt and black pepper. Vice the steak against the grain and serve with regetables.	 Culinary: make sure skillet is large enough to hold the steak make sure steak does not steam in the skillet, look for a sear and sizzle because the steak already has oil in the marinade, no additional oil is added to the skillet Nutrition: An oil's smoke point is the temperature at which it will start to smoke and nutrients break down. 			

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GF, NF, DF, NAS

Nutrition Facts Serving Size 3 ounces (311g) Servings Per Container 4	polyunsaturated fats, stable oil for cooking.
Amount Per Serving	Culinary:
Calories 230 Calories from Fat 100 % Daily Value* Total Fat 11g 17%	 allowing the meat to rest lets the juices circulate bac through the meat, helping the meat stay juicy cut against the grain to help with chew
Saturated Fat 2.5g 13% Trans Fat 0g	 add to a salad or wraps with lots of richly-colored vegetables
Cholesterol 55mg 18%	Nutrition:
Sodium 270mg 11%	Salt: point-out the amount of salt added in this re
Total Carbohydrate 12g4%Dietary Fiber 5g20%Sugars 6gProtein 21g	refer to the benefits of using fresh herbs and spice for flavor.
Vitamin A 25% • Vitamin C 130%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500	
Total FatLess than65g80gSaturated FatLess than20g25gCholesterolLess than300mg300mgSodiumLess than2,400mg2,400mgTotal Carbohydrate300g375gDietary Fiber25g30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Clean-up/Review comments

Culinary:

This is a great recipe for the grill or for indoors. Leftovers taste great as well, and can be added to wraps or salads.

Nutrition:

		GF, NF, D			
Materials	Shopping List	Qty.			
1. 1 cutting board for raw meats	Produce				
2. 1 cutting board for fresh produce	□ 1 bunch rosemary				
& to slice cooked steak	□ 1 head garlic				
3. 1 Chef's knife					
4. 1 bowl for trash					
5. 1 bowl for marinating	Meats				
6. 1 plate for presentation	□ 12 ounces flank steak				
7. 1 electric griddle/ skillet					
8. extension cord					
9. silicone spatula					
10. locked tongs	Condiments				
11. measuring cups	□ salt				
12. measuring spoons	black pepper				
13. paper plates/ cups/ soufflé cups	extra-virgin olive oil				
14. paper towels					
15. aluminum foil	Paper Goods				
16. tablecloth	plates, forks, napkins, paper towels, aluminum foil				
17. kitchen towel					
18. gloves					
19. copies of recipe					
Prepping for demo:					
Shop for ingredients / Ensure all ingredients are available					
Rinse & dry produce					
Prep & store for demo as requested in recipe					
Label all mise en place items					
 Make sure to leave a portion of the pr 	oduce intact for demo purposes				

- Make sure to leave a portion of the produce intact for demo purposes
 If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time easy execution during demo
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: 1/2 hour