

Roasted Flank Steak and Fall Vegetables

(Makes 4 servings)

You'll enjoy this meal for many reasons: not only do the flavors create a fabulous flavor explosion, but this meal cooks up in one pot as a meal in one.

Ingredients:

- 16 ounces (1 pound) extra lean beef flank steak
- 4 garlic cloves
- 4 tablespoons balsamic vinegar
- 1 tablespoon + 1 teaspoon extra virgin olive oil
- 1 tablespoon dried basil
- 4 large carrots
- ½ pound parsnips
- 4 leeks

Directions:

- 1) Trim all fat from measured amount of flank steak.
- 2) Peel and mince garlic; place in small bowl with Balsamic vinegar, measured amount of olive oil, and basil.
- 3) Wash and peel carrot; slice thinly. Wash and peel parsnips; slice thinly. Wash and slice leek.
- 4) Place a heavy piece of aluminum foil inside of a shallow oven-safe container, such as a Pyrex pan. Place meat on foil.
- 5) Stir together olive oil/vinegar/herb combination; spread evenly over flank steak.
- 6) Place vegetables on top of and around flank steak. Seal foil tightly around flank steak.
- 7) Bake at 450 degrees Fahrenheit for 35 to 40 minutes.

Nutritional Analysis: *(per serving)*

- Calories: 371
- Calories From Fat: 126
- Total Fat: 14 g
- Cholesterol: 58.5 mg
- Sodium: 141.6 mg
- Protein: 27.1 g
- Carbohydrates: 34.4 g
- Fiber: 5.1 g
- Calcium: 125.4 mg

Source:

Recipe developed and copyrighted by Kristine Napier, MPH, RD, LD