



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Greek-Style Flank Steak with Tangy Yogurt Sauce

1 Beef flank steak (12 oz)

For marinade:

1/4 Cup lemon juice
1 Tbsp olive oil
2 Tsp fresh oregano, rinsed, dried, and chopped (or 1/2 tsp dried)
1 Tbsp garlic, minced (about 2–3 cloves)

For yogurt sauce:

1 Cup cucumber, peeled, seeded, and chopped
1 Cup nonfat plain yogurt
2 Tbsp lemon juice
1 Tbsp fresh dill, rinsed, dried, and chopped (or 1 tsp dried)
1 Tbsp garlic, minced (about 2–3 cloves)
1/2 Tsp salt

- 1) For the marinade, combine lemon juice, olive oil, oregano, and garlic in a large bowl.
- 2) Lay steak in a flat container with sides and pour marinade over the steak. Let the steak marinate for at least 20 minutes or up to 24 hours, turning several times.
- 3) Combine all the ingredients for the yogurt sauce. Set yogurt sauce aside for at least 15 minutes to blend flavors. (Sauce can be prepared up to 1 hour in advance and refrigerated.)
- 4) Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 5) Broil steak for about 10 minutes on each side (to a minimum internal temp of 145 °F). Let cool for 5 minutes before carving.
- 6) Slice thinly across the grain into 12 slices (1 ounce each).
- 7) Serve three slices of the steak with 1/2 cup yogurt sauce on the side.

Makes 4 Servings