

Brazilian Grilled Flank Steak

Barbecued meats (churrasco) are served in churrascarias, Brazilian barbecued-meat restaurants, with a salsa-like sauce as an accompaniment. Since hearts of palm show up at every salad bar in these restaurants, we've added them to the sauce to give it a tasty twist.

Ingredients:

Steak

- 6 cloves garlic, minced
- ½ small hot pepper, such as jalapeño or serrano, minced
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- 2 pounds flank steak

Salsa

- 1 14-ounce can hearts of palm, drained, halved lengthwise and thinly sliced
- 4 medium tomatoes, chopped
- ½ cup chopped red onion
- ½ small hot chile, such as jalapeño or serrano, minced
- ¼ cup chopped fresh cilantro
- 2 tablespoons red-wine vinegar
- ¼ teaspoon kosher salt

Directions:

- Preheat grill to high (see Broiling Variation).
- To prepare steak: Combine garlic, hot pepper, oil and salt in a small bowl. Rub the mixture on both sides of steak.
- To prepare salsa: Combine hearts of palm, tomatoes, onion, hot pepper, cilantro, vinegar and salt in a medium bowl.
- Reduce grill heat to medium and grill the steak 4 to 6 minutes per side for medium-rare. Transfer to a cutting board, tent with foil and let rest for 5 minutes. Cut the steak across the grain into thin pieces. Serve with the salsa.
- Broiling variation: Instead of grilling, in Step 1 position oven rack 6 inches from the heat source and preheat broiler. In Step 4, cook steak on a broiler pan under the broiler until medium-rare, turning once, about 10 minutes total.

Yield: 8 servings

Nutritional Information: 215 Calories; 8g Fat; 3g Sat; 4g Mono; 37mg Cholesterol; 7g Carbohydrates; 29g Protein; 2g Fiber; 341mg Sodium; 627mg Potassium

Recipe Source: EatingWell - February/March 2006, EatingWell for a Healthy Heart Cookbook

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.