



Hoisin Flank Steak with Asian Cucumber Salad

Spiced wonton chips that bake while the steak rests are an easy accompaniment to this fragrant Asian dinner.

Ingredients:

- 3 tablespoons hoisin sauce
- 1 teaspoon bottled ground fresh ginger
- ½ teaspoon grated orange rind
- 1 (1-pound) flank steak, trimmed
- Cooking spray
- 2 cups thinly sliced seeded peeled cucumber
- ¼ cup thinly vertically sliced red onion
- ¼ cup matchstick-cut carrot
- 1 tablespoon sugar
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 teaspoons fish sauce
- ⅛ teaspoon salt

Directions:

- Preheat broiler.
- Combine first 3 ingredients in a small bowl. Brush steak with half of hoisin mixture. Place steak on a broiler pan coated with cooking spray. Broil 6 minutes. Turn steak over; brush with remaining hoisin mixture. Broil 6 minutes or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes.
- Combine cucumber and remaining ingredients in a bowl; toss to combine. Cut steak diagonally across grain into thin slices. Serve with cucumber salad.
- **Spiced wonton chips:** Thaw 8 wonton wrappers, if frozen. Cut wrappers in half diagonally; brush tops of wrappers evenly with 2 teaspoons dark sesame oil. Combine ¼ teaspoon Chinese five-spice powder and 1/8 teaspoon salt in a small bowl. Sprinkle wrappers evenly with five-spice powder mixture. Bake at 450° for 3 minutes or just until crisp.

Yield: 4 servings (serving size: 3 ounces steak and 1/2 cup salad)

Nutritional Information: Calories 213; Fat 7.7g; Protein 24.6g; Carbohydrate 11.5g; Fiber 0.7g; Cholesterol 38mg; Iron 1.7mg; Sodium 501mg; Calcium 30mg

Recipe Source: David Bonom, *Cooking Light*, April 2009

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.

Heartland Health – Wellness Connections
5325 Faraon, St. Joseph, MO 64506
816-271-7808
www.heartland-health.com