

Honey-Lime Marinated London Broil

by Devin Alexander

CALORIES: 107
SODIUM: 143 mg
SERVING SIZE: about 3 ounces



INGREDIENTS

- 1/4 cup fresh lime juice
- 2 Tbsp. extra-virgin olive oil
- 1 tsp. honey
- 2 Tbsp. minced, fresh garlic
- 1 tsp. salt
- 1 1/4 lb. trimmed London broil (top round steak), all visible fat discarded

DIRECTIONS

1. Whisk the lime juice, olive oil, and honey in a small bowl. Stir in the garlic and salt.
2. Place the steak in a large resealable plastic bag. Pour in the marinade. Seal the bag and rotate it so the steak is covered with the marinade. Place the bag in the refrigerator and marinate the steak for at least 6 hours or overnight, rotating it occasionally, if possible.
3. Preheat a grill to high.
4. Remove the steak from the marinade and place it on the grill. Discard the remaining marinade. Grill for 4 to 6 minutes per side for medium-rare, or until the desired doneness is reached. Place the steak on a plate or cutting board, cover loosely with foil, and let stand for 10 minutes. Slice into thin slices against the grain and serve immediately, or refrigerate the uncut steak in an airtight container and slice it just before serving.

