

# September

## Recipe of the Month



### Beer-Marinated Steak with Grilled Veggies

Source: Tufts University Health & Nutrition Letter

#### Salad Ingredients:

½ cup beer or ale  
 1 Tbsp plus 1 tsp balsamic vinegar  
 1 Tbsp molasses  
 1 Tbsp chopped fresh rosemary or 1 tsp dried  
 ½ tsp Worcestershire sauce  
 2 cloves garlic, minced  
 ¼ tsp salt, divided  
 Freshly ground pepper to taste

8 oz. flank, sirloin or flat-iron steak, trimmed  
 2 Tbsp finely chopped shallot  
 1 small red, yellow, orange or green bell pepper, seeded, cut into strips  
 1 small zucchini or summer squash, cut into thick slices  
 2 tsp olive oil

#### Directions:

1. Whisk beer, molasses, 1 Tbsp vinegar, rosemary, Worcestershire sauce, garlic, 1/8 tsp salt and pepper in small bowl. Place steak in zip-top plastic food bag. Pour in beer mixture. Seal bag. Refrigerate at least 2 hours or up to 12 hours.
2. Place a fine-meshed grill topper or grill basket on one side of grill. Preheat grill. Remove steak from marinade. Place marinade in small saucepan. Add shallot. Bring to a simmer over medium-high heat. Cook until syrupy and reduced to scant ¼ cup, 5-7 minutes. Keep warm.
3. Meanwhile, toss bell pepper and zucchini with oil and remaining 1/8 tsp salt. Lightly oil grill grate and grill topper (rub with oil-soaked crumpled paper towel). Place steak on grill grate. Arrange bell pepper and zucchini in single layer on grill topper. Cover grill and cook over medium-high heat until steak reaches desired doneness and vegetables are tender and lightly browned. Steak and vegetables will take about the same amount of time. Plan on 10-14 minutes to cook steak to medium-rare (140 degrees; temp will increase to 145 during resting); turn steak after 5 minutes. Place steak on clean cutting board. Let rest 5 minutes. Turn vegetables as needed and transfer to medium bowl as they are done. Toss vegetables with remaining 1 tsp vinegar. Cut steak across the grain into thin slices. Serve steak with grilled vegetables and sauce.

#### Nutritious Tips

Chemicals called heterocyclic amines (HAs), thought to increase cancer risk, are created when meats are grilled, broiled or pan-fried at high temperatures or to "well done." Portuguese scientists have found that marinating meat in beer before cooking can reduce potential carcinogens by 88%. Slice the meat thin so a little will go a long way, and remember to serve with a generous helping of vegetables!

#### Nutrition Facts

Serving size: ½ of recipe  
 Servings per Recipe: 2

**Calories** 280

**Fat** 12 g  
 Saturated Fat 4 g

**Cholesterol** 50 mg  
**Sodium** 360 mg

**Carbohydrate** 10 g  
 Fiber 2 g

**Protein** 29 g



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