

Marinated Flank Steak

1/4 cup low sodium soy sauce

1/4 c canola oil

1/4 c honey

1/4 c water

3 scallions, chopped

4 garlic cloves, finely chopped

18 oz, lean flank steak

In a resealable bag, combine all ingredients then add the steak. Marinate for 2 hours or so.

Remove steak from bag and place the ...marinade in a small pot. While steak is grilling, pour marinade into a small pot and bring to a boil. Grill steak until medium.

To serve: Slice steak against the the grain and serve w/ marinade.

6 servings, 7 points each or 8 points plus