

ASIAN BARBECUED SKIRT STEAK

Total preparation & cooking time: 15 minutes



- 1/3 cup soy sauce**
- 1/3 cup brown or dark color barbecue sauce**
- 2 tablespoons creamy peanut butter**
- 1/2 teaspoon garlic powder**
- 1 beef skirt steak (about 1-1/2 pounds), cut into 4 to 6-inch pieces**
- 8 green onions, halved crosswise**

1. Combine soy sauce, barbecue sauce, peanut butter and garlic powder in small bowl; stir to combine thoroughly. Place beef steak and soy marinade in food-safe plastic bag; turn to coat steak. Close bag securely; marinate in refrigerator 6 to 24 hours, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 8 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. During last 3 minutes of broiling, top steak with green onions. Carve steak diagonally across the grain into thin slices. Serve with green onions.

Makes 4 servings

Nutrition information per serving: 353 calories; 20 g fat (8 g saturated fat; 10 g monounsaturated fat); 116 mg cholesterol; 845 mg sodium; 7 g carbohydrate; 1 g fiber; 34 g protein; 6.3 mg niacin; 0.7 mg vitamin B₆; 5.6 mcg vitamin B₁₂; 4.0 mg iron; 24.4 mcg selenium; 7.6 mg zinc; 122.2 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.



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