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# Roasted Stuffed Flank Steak

- 1 large flank steak (2¼ lb.)
- 2 slices bacon
- 2 garlic cloves, minced
- ¾ cup plain dried bread crumbs
- ¼ cup flat-leaf parsley, minced
- 1 tsp. each salt and pepper
- ½ tsp. oregano
- 4 cups spinach leaves (about 5 oz.)
- 1 cup roasted red peppers, cut into strips
- 2 Tbsp. olive oil



1. Place flank steak in freezer 20 to 30 minutes until firm but not frozen. Butterfly: With short end facing you, make horizontal lengthwise cut, slicing almost through to other side. Open like a book and push to flatten.
2. Cook bacon until crisp. Drain and crumble into small bowl. Save 2 teaspoons bacon fat and cook garlic 30 seconds. Add to bowl. Stir in bread crumbs, parsley, ½ teaspoon each salt and pepper.
3. Preheat oven to 350°F. Sprinkle meat with oregano and ½ teaspoon each salt and pepper. Cover with spinach, roasted peppers and crumb mixture, leaving a ½-inch border. Roll up from short end; tie with string.
4. In large, ovenproof skillet, heat oil. Brown beef. Transfer to oven; roast 25 minutes without turning. Let rest 20 minutes before slicing.

Makes 6 servings  
Per serving: 397 calories, 21 g fat, 12 g carbohydrates (1.5 g fiber), 39 g protein, 702 mg sodium

