

Sirloin Steak with Sweet and Tangy Orange Sauce

Serves 4: 3 ounces beef per serving

Ingredients:

- ¼ cup plus 2 tablespoons steak sauce
- 2 teaspoons grated orange zest
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- Vegetable oil spray
- 1 pound boneless top sirloin steak (about ¾ inch thick), all visible fat discarded

Directions:

In a small bowl, stir together steak sauce, sugar, orange zest, salt, and red pepper flakes.

Lightly spray a broiler rack and pan with vegetable oil spray. Put steak on rack. Spoon 2 tablespoons sauce over steak. Let stand for 15 minutes.

Preheat broiler.

Broil about 4 inches from heat for 3 minutes. Turn over. Spread remaining sauce over steak. Broil for 6 minutes, or until desired doneness. Remove from broiler and let stand on a cutting board for 5 minutes before thinly slicing.

Nutrients per serving:

Calories	201
Total Fat	6.5 g
Saturated Fat	2.5 g
Carbohydrates	10 g
Sugar	6 g
Fiber	1 g
Cholesterol	67 mg
Protein	25 g
Sodium	553 mg

Courtesy of: American Heart Association