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# Veterans-For-Change

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## Flank Steak with Corn Salsa

Prep Time: 15 mins Cook Time: 17 mins Rest Time: 6 h

Total Time: 32 mins

### **Ingredients**

> 8 3/4 ounce(s) corn, whole kernel

> 3/4 cup(s) salsa verde

➤ 1 medium tomato(es), chopped

➤ 1 1/4 pounds beef, flank steak

> 3/4 cup(s) dressing, Italian, reduced calorie

2 tablespoon pepper, cracked black

1 tablespoon Worcestershire sauce

> 1 teaspoon cumin, ground



## **Preparation**

- 1. For corn salsa, in a medium bowl, combine corn, salsa verde, and tomato. Cover and chill for 6 to 24 hours.
- 2. Meanwhile, trim fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place steak in a resealable plastic bag set in a shallow dish.
- 3. For marinade, in a small bowl, combine Italian salad dressing, pepper, Worcestershire sauce, and cumin; pour over steak. Seal bag; turn to coat steak. Marinate in the refrigerator for 6 to 24 hours, turning bag occasionally. Drain steak, discarding marinade.
- 4. Place steak on rack of an uncovered grill directly over medium coals. Grill for 17 to 21 minutes or until done (160°F), turning once.
- 5. To serve, thinly slice steak diagonally across the grain. Serve steak with corn salsa.