



Balsamic-Marinated Steaks with Vegetable Packets

Prep: 10 minutes plus marinating and standing
Grill: 12 minutes • Serves: 4

- 2/3 cup canola oil
- 1/3 cup balsamic vinegar
- 2 tablespoons packed brown sugar
- 1 tablespoon steak seasoning
- 1/2 large red onion, sliced
- 2 medium orange, red and /or yellow bell peppers, sliced
- 1/2 medium head of cauliflower, cut into small florets (about 2 cups)
- 4 top sirloin steaks (about 6 ounces each)
- 1/2 teaspoon salt

1. In medium bowl, whisk together oil, vinegar, brown sugar and steak seasoning. Place vegetables in large zip-top plastic bag; pour half the marinade into bag. Place 2 steaks in each of 2 large zip-top plastic bags; pour half the remaining marinade into each bag. Seal bags, pressing out extra air; refrigerate at least 1 hour or up to 4 hours.

2. Prepare grill for direct grilling over medium-high heat. Place four 12-inch square sheets of aluminum foil on work surface. With slotted spoon, evenly divide vegetables onto center of each foil sheet; sprinkle vegetables with salt. For each packet, bring top and bottom sides of foil together over vegetables; crimp together and fold down over vegetables. Double fold both ends of packets toward vegetables.

3. Remove steaks from marinade; discard marinade. Place steaks and packets on hot grill rack. Cook steaks, covered, 6 to 8 minutes or until grill marks appear and internal temperature reaches 135°, turning once halfway through cooking; cook packets 12 minutes, turning once halfway through cooking. Transfer steak to cutting board; let steak stand 10 minutes. Internal temperature will rise to 145° upon standing for medium.

4. To serve, slice steak across the grain and serve with vegetables.

Approximate nutritional values per serving:

*628 Calories, 43g Fat (9g Saturated), 117mg Cholesterol,
649mg Sodium, 16g Carbohydrates, 3g Fiber, 37g Protein*

Get Inspired

Serve vegetables in foil packets for a just-off-the-grill look.