

Grilled Eye Of Round Steaks With Wasabi-Yogurt Cream

Yogurt, ginger and garlic create a tenderizing marinade for Eye of Round Steaks. While the steaks grill, a creamy wasabi sauce is whipped up.



INGREDIENTS

4 beef Eye of Round Steaks, cut 3/4 inch thick (about 4 ounces each)

1-1/2 cups plain yogurt, divided

1 tablespoon finely chopped fresh ginger

1 tablespoon finely chopped garlic

1/2 to 1 teaspoon wasabi paste - Two tablespoons prepared horseradish may be substituted for wasabi paste.

35 Min

4
Servings

42 Cal

29g
Protein

COOKING

1. Combine 1/2 cup yogurt, ginger and garlic in small bowl. Place beef steaks and yogurt mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Meanwhile line a strainer with paper towels; set over small bowl. Place remaining 1 cup yogurt in strainer. Cover; let drain in refrigerator 30 minutes or as long as overnight to thicken.

3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 12 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)

4. Meanwhile combine thickened yogurt and wasabi paste. Set aside.

5. Carve steaks into thin slices; season with salt and pepper, as desired. Serve with wasabi- yogurt mixture.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		5g	57mg		6g	29g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

