

Smoky Yogurt-Marinated Steak

Marinate Eye of Round Steaks in a smoky yogurt marinade to give your beef a Mediterranean taste.



INGREDIENTS

- 1 beef Eye of Round Steak, cut 1 inch thick (1 pound)
- Salt and pepper
- 1/2 cup plain nonfat yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon smoked paprika

30 Min 4 42 Cal 26g
 Servings Protein

COOKING

1. Combine marinade ingredients in small bowl. Place beef Eye of Round Steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, 17 to 19 minutes) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
3. Carve into thin slices. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		4g	65mg		2g	26g	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.

Courtesy of BeefItsWhatsForDinner.com