



Grilled Marinated Strip Steak

Prep: 10 minutes plus marinating

Grill: 10 minutes • Serves: 4

- 1 garlic clove, minced
- ½ cup olive oil
- ¼ cup red wine vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons Worcestershire sauce
- 1 teaspoon chopped fresh thyme
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 4 New York strip steaks (about 8 ounces each)

1. In medium bowl, whisk all ingredients except steaks. Place steaks in large zip-top plastic bag; pour oil mixture over steaks. Seal bag, pressing out excess air; refrigerate at least 1 hour or up to 8 hours.

2. Prepare outdoor grill for direct grilling over medium-high heat. Remove steaks from marinade; discard marinade. Place steaks on hot grill rack; cover and cook 10 minutes or until internal temperature reaches 140° for medium-rare, turning once. Transfer steaks to cutting board; tent with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.)

Approximate nutritional values per serving:

556 Calories, 36g Fat (11g Saturated), 162mg Cholesterol, 360mg Sodium, 1g Carbohydrates, 0g Fiber, 52g Protein