



Summer  
Classic



# Flank Steak and Watermelon Salad

## Ingredients

- 1 tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp chili powder
- 1- 1 ½ lbs flank steak
- 2 tbsp balsamic vinegar
- ¼ cup extra virgin olive oil
- kosher salt, to taste
- freshly ground black pepper, to taste
- 2 cups arugula greens
- ¼ cup chopped red onion
- ½ cup croutons
- 1 cup watermelon, cut into chunks
- ¼ cup feta cheese
- sea salt, to taste

## Directions

1. In a small bowl mix brown sugar, garlic powder and chili powder. Rub into steak.
2. Preheat grill or cast iron grill pan over high heat.
3. Grill steak for 5 minutes on each side, then let meat rest for 3-4 minutes.
4. Meanwhile, in a large bowl mix together vinegar, olive oil, salt and pepper.
5. Add arugula, onion, croutons, and watermelon and toss.
6. Slice the meat against the grain.
7. Serve steak with watermelon salad and top with feta and a sprinkle of sea salt.

**Healthy Tip:** Calcium and phosphorus are present in feta cheese in amounts that can help support bone health!

Calories 573

Total Fat 19 g

Saturated Fat 4 g

Cholesterol 10 mg

Sodium 953 mg

Total Carbohydrate 91 g

Dietary Fiber 10 g

Sugars 14 g

Protein 21 g