

# Recipe

Food Rx



## Balsamic Glazed Flank Steak – Brown Rice – Roasted Brussels Sprouts

Serving: 1

4 oz flank steak

1 tsp olive oil

1 tsp balsamic vinegar

1/2 tsp Dijon mustard

1/4 tsp garlic powder

Pinch of black pepper

### Brussel sprouts-

4 oz brussels sprouts

1 tsp olive oil

Pinch of salt

Pinch of pepper

1/2 tsp balsamic vinegar

1/2 tsp honey

### Brown Rice-

1/4 cup brown rice

1/2 cup water

1/4 tsp olive oil

1. Flank steak – mix oil, vinegar, Dijon mustard, garlic, and pepper together. Marinate flank steak in the mixture. Grill steak 7-9 mins, turn over and grill and additional 5 or so minutes until it reaches desired doneness. Rest 5 mins before slicing across the grain.
2. Brussels Sprouts – Preheat oven to 425 degrees, cut brussels sprouts in half and trim rough leaves. Toss brussels sprouts with the oil, salt and pepper. Roast 10 minutes, stir and roast an additional 10 minutes. Drizzle the vinegar and honey over the roasted brussels sprouts and toss to coat evenly.
3. Brown Rice – Combine the rinsed rice, water, and olive oil in a pot and bring to a boil. Cover, reduce heat to low, and simmer for 20 mins. Remove from heat and let sit, covered for 10 more minutes. Fluff with a fork