

GRILLED EYE ROUND STEAKS WITH WASABI-YOGURT CREAM

Total preparation and cooking time: 30 to 35 minutes

Marinating time: 6 hours or overnight

**4 beef eye 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

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, uncovered, 15 to 19 minutes for medium rare 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.

Makes 4 servings.

***Cook's Tip:** Two tablespoons prepared horseradish may be substituted for wasabi paste.*

***Cook's Tip:** To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Grill steaks, covered, 10 to 12 minutes for medium rare doneness, turning occasionally. (Do not overcook.)*

***Nutrition information per serving:** 195 calories; 5 g fat (2 g saturated fat; 2 g monounsaturated fat); 57 mg cholesterol; 90 mg sodium; 6 g carbohydrate; 0.0 g fiber; 29 g protein; 4.6 mg niacin; 0.4 mg vitamin B₆; 1.8 mcg vitamin B₁₂; 2.2 mg iron; 31.0 mcg selenium; 5.0 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of iron.