

Beef Chimichurri Rolls

Serving Size: 1 round

Serves: 12

Ingredients

2 medium carrots, julienned
1 pound flank steak
2 cups baby spinach
4 boiled eggs
Chimichurri sauce
½ cup olive oil
½ cup red wine vinegar
½ cup fresh basil leaves
½ cup fresh parsley leaves
2 cloves garlic
2 tablespoons crushed red pepper flakes
Pinch of salt
Black pepper to taste

Directions

1. Preheat oven to 325 degrees.
2. Blanch the carrots in boiling water for 2 minutes. They should still have some crispness.
3. Make a horizontal slice down the side of the flank steak and lay it open like a butterfly.
4. Spread the spinach over the entire surface of the steak. Make a vertical line of the boiled eggs along one side of the steak. Add the carrots in a line next to the eggs. Then roll the steak up in a “Jelly Roll” fashion making a tube with the eggs in the center. Pin together with toothpicks.
5. Sear the roll on each side in a hot skillet. Then transfer to a baking pan and bake in the hot oven for 20 minutes or until done.
6. In a blender, combine the olive oil, vinegar, basil, parsley, garlic and spices and touch blend just to a chopped consistency.
7. Remove the beef roll from the oven and let stand for 10 minutes before slicing.
8. Slice the roll into ½ inch rounds and place on a serving plate. Drizzle the chimichurri sauce over the slices. Can be served as a hot or cold hors d’oeuvre.

Exchanges per serving:

2 Lean Meats, 1 Fat

Nutrients per serving:

Calories: 167

Calories from fat: 115

Total Fat: 13g

Cholesterol: 93mg

Sodium: 65mg

Total Carbohydrate: 2g

Dietary Fiber: 1g

Protein: 11g