

Skirt Steak in Lettuce Wraps with Pickled Vegetables

Lettuce serves as the wrap for broiled slices of skirt steak and quick-pickled veggies in this refreshing dish. *SERVES 4*

1 cup white vinegar	1 pound skirt steak
¼ cup sugar	¼ teaspoon kosher salt
1 bunch radishes, sliced	¼ teaspoon freshly ground black pepper
2 cucumbers, peeled and sliced	2 heads Boston lettuce, leaves separated
½ red onion, peeled and sliced	

Make the pickled vegetables: Whisk the vinegar and the sugar in a small bowl until the sugar is mostly dissolved. Add the radishes, cucumbers, and onion, submerging in the vinegar, and let sit 15 to 20 minutes.

Preheat the broiler. Line a rimmed baking sheet with foil, and place the steak on the baking sheet. Season the steak with the salt and pepper. Broil to the desired doneness, about 3 minutes per side. Transfer to a work surface, and cover with a piece of foil. Let the steak rest for 5 minutes, then slice thinly across the grain, diagonally. To serve, place the pickled vegetables, lettuce leaves, and steak on a platter. Let everyone assemble their own wraps by filling lettuce cups with meat and vegetables.

DO THE DASH Replacing wraps made with flour with those made with crisp lettuce leaves both trims calories and boosts your intake of vegetables.

SHOPPING TIP There is an increasing trend among consumers to seek out “alternative” cuts of meat in the pursuit of slashing food bills. For example, skirt steak is a favorite choice for flavor, value, and versatility.

NUTRITION Per Serving: 244 calories; 24 grams protein; 14 grams carbohydrate; 4 grams fiber; 9 grams fat (3 grams saturated); 223 mg sodium

