

London Broil With Carmelized Red Onions

Serves 4

2 tbsp Dijon mustard
1 tsp crushed dried rosemary, divided in half
1 pound London broil
1 tbsp olive oil
3 red onions, sliced thin
2 tbsp red wine vinegar
½ cup raisins
2 tsp sugar

Preheat grill or broiler

Combine mustard with ½ tsp rosemary and spread over the surface of the London broil

Broil about 6-7 minutes on each side

Meanwhile, in a non stick pan over medium high heat, heat the oil

Add the onions and cook stirring occasionally, until browned, about 7 minutes

Add the remaining ingredients to the pan and continue cooking until onions are soft

Slice the meat and top with onion mixture

Per serving:

330 calories

30 g carbohydrates

25 g protein

13 g fat

4 g sat fat

56 mg cholesterol

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