

London Broil with Carmelized Red Onions

Recipe © Amy Shapiro RD CDN, guest contributor

Servings: 4

Ingredients:

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

Directions:

1. Preheat grill or broiler.
2. Combine mustard with ½ tsp. rosemary and spread over the surface of the London broil.
3. Broil about 6- to 7-minutes on each side.
4. Meanwhile, in a non stick pan over medium high heat, heat the oil.
5. Add the onions and cook stirring occasionally, until browned, about 7 minutes.
6. Add the remaining ingredients to the pan and continue cooking until onions are soft.
7. Slice the meat and top with onion mixture.

Nutrition: (Serving size: ¼th recipe)

calories: 299
sugars: 5g

protein: 26g
sodium: 248mg

total carbohydrate: 27g
dietary fiber: 2.7g

total fat: 9.9g
saturated fat: 2.9g