

orange spiced roast

Serves: 10 (3 oz)

Prep and Cook time: 55 min

Per serving: 202 calories, 8.5 g fat, 88 mg sodium

1 cup orange juice

2 TBS mustard

2 lb London broil-cut beef

1 TBS minced garlic

1 tsp ground black pepper

1. The night before you plan to serve, prepare marinade. In a large bowl, combine orange juice, garlic, mustard, and pepper. Whisk well. Place beef in marinade. Cover and refrigerate overnight.

2. On the day of cooking, preheat broiler.

3. Place beef on oven broiling pan or preheated grill. Cook minutes 5 to 7 minutes per side. Check to see if it is done with a meat thermometer. When the roast is ready, it should read at about 145°F. Allow meat to rest 10 minutes after removing from oven, then slice and serve.

Vary It! You can use other cuts of beef for this recipe, such as skirt or flank steak. Just be sure the meat is less than 2 inches thick, or else it won't cook. Also, oranges and other citrus fruits enhance the flavor of beef. You can try grapefruit juice instead of orange juice.