



## CARIBBEAN MUSTARD-LIME FLAT IRON STEAK

By Dr. Cindy Tanzar  
(Standard/Maintenance Plans)

This is a recipe we have enjoyed for over two decades. The flavors meld together nicely and provide a wonderful tang to the grilled beef. This original recipe uses honey as an ingredient, but we substituted it with low-glycemic sweeteners. Making a simple substitution enables you to still enjoy the flavors of some of your favorite foods. The longer you marinate the steak, the more intense the flavor will be. You can also make this recipe with chicken, which provides even more of the mustard-lime flavor. It's truly delicious.

Makes 8 servings. One serving covers 3 ounces of protein.



### INGREDIENTS

- 1/3 cup fresh-squeezed lime juice (about 3 limes)
- 1 tsp. grated lime peel (don't skip this!)
- 1/4 cup avocado oil
- 2 Tbs. prepared mustard
- 2 garlic cloves, minced
- 1/4 cup Swerve granular, erythritol or xylitol
- 1/2 tsp. Himalayan sea salt
- 1/2 tsp. freshly-ground pepper
- 1/8-1/4 tsp. red pepper flakes (optional)
- 2 lbs. flat iron, sirloin or flank steak
- Lime wedges for garnish/squeezing

### INSTRUCTIONS



In a small bowl, whisk together all ingredients except steak and lime wedges. Score the steak across the top or pierce several times with a fork.

Place steak in a shallow glass baking dish and pour lime juice mixture over it. Turn to coat both sides. Cover and refrigerate for 6-8 hours to marry the flavors, turning occasionally.

Remove steak from marinade and grill 5-6 minutes on each side or to desired doneness. Slice thinly on the diagonal and serve with lime wedges.

(Discard any leftover marinade.)