

## Marinated London Broil

### Ingredients:

- $\frac{1}{2}$  cup real, light or cholesterol-free reduced calorie mayonnaise
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{4}$  cup lemon juice
- 2 tablespoons prepared mustard
- 1 clove garlic, minced or pressed
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon freshly-ground pepper
- 1 beef top round steak (3 lbs.), 2 inches thick

### Directions:

- In large shallow dish, combine mayonnaise, soy sauce, lemon juice, mustard, garlic, ginger and pepper. Add steak, turning to coat. Cover; marinate in refrigerator several hours or overnight.
- Grill or broil about 6 inches from heat, turning once, 25 to 30 minutes or until desired doneness.
- To serve, slice diagonally across grain.

Yield: 6-8 servings