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Healthy

Recipes



Beer Grilled Flank Steak

Description

This grilled steak healthy recipe with beer adds a different flavour.

Ingredients:

- 2 cans consommé
- 2/3 cup soy sauce
- 1/2 cup green onion -- chopped
- 6 tablespoon lime juice
- 4 tablespoon brown sugar
- 1 clove garlic -- crushed
- 2 large flank steaks
- 2 cups beer



Preparation:

- Combine first 6 ingredients and pour over steaks in a dish.
- Pour beer over all and let marinade 24 hours.
- Grill over medium heat coals until done to your liking.
- To serve, slice thinly across the grain.

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Bistro Cheeseburger

Description

This is a very rare healthy cheeseburger recipe.

Ingredients:

- 1-1/2 pounds ground beef
- Vegetable oil
- 4 slices sweet onion -- 1/2 inch thick
- 4 crusty rolls -- split, toasted
- 4 romaine lettuce leaves
- 4 tomato slices -- 1/2 inch thick
- 8 slices Swiss cheese
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard



Preparation:

- In small bowl, combine sauce ingredients (mayonnaise and Dijon mustard); set aside.
- Shape ground beef into four 3/4" thick patties.
- Lightly brush oil onto cut sides of onion. Place patties and onions on grid over medium, ash covered coals.
- Grill, uncovered, 13 to 15 minutes or until centers are no longer pink and onions are tender, turning once.
- Season burgers with salt and pepper, if desired, after turning.

- Approximately 1 minute before burgers are done, top each burger with 2 slices cheese.
- Meanwhile, spread equal parts of sauce mixture on top half of each roll.
- Line bottom half of each roll with lettuce and tomato; top with cheeseburger and onion.
- Close sandwiches.

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Bourbon Tuna Steaks

Description

This healthy tuna steaks are often very common, but this is very different.

Ingredients:

- 4 tuna steaks -- 1" thick
- 1 cup bourbon
- Vegetable oil
- Salt and freshly ground pepper -- to taste



Preparation:

- Place steaks in a shallow glass or ceramic dish.
- Pour the bourbon over the fish and let stand covered for 1 hour.
- Preheat the grill.
- Toss a hand full or three of wood chips on the lava rock or coals.
- Brush the grid with oil.
- Remove the fish from the marinade (resist the temptation to drink it), and pat dry.
- Lightly brush with oil and grill over high heat for 5 minutes per side.
- Baste before turning. Sprinkle with salt and pepper before serving.

Bubba s Fajitas

Description:

Fajitha with a mixture of soya sauce is a good healthy recipe. Great healthy recipe.

Ingredients:

- 1 pound beef skirt steak
- 1 centiliter garlic -- chopped
- juice from 1 large lime
- 1 teaspoon cumin
- 1 medium yellow onion -- sliced in rings
- 1 teaspoon liquid smoke
- 1/3 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1 tablespoon chopped fresh cilantro
- pepper to taste
- green and yellow peppers
- guacamole
- refried beans
- Mexican rice
- warm flour tortillas



Preparation:

- Those self-appointed guardians of Texas cuisine, Bubba and Billy Joe, stopped by the other day and saw a request for fajitas so Bubba asked me to post his version.
- Serves 4 regular people or two hungry Texans.
- Trim fat from steak. Pound lightly to tenderize.
- Place meat in non-metallic container. Top with onion rings.
- Combine remaining ingredients. Pour over meat and onions.

- Cover and refrigerate overnight.

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Burned At The Steak Marinade

Description

Adding the red wine gives a very diverse taste. This is a great healthy recipe.

Ingredients:

- 2 large rib-eye steak
- 4 ounces good seasons Italian dressing
- 2 habanero peppers dried
- 2 tablespoons Worcestershire sauce
- 1 tablespoon red wine vinegar
- 1 teaspoon pepper
- 1/4 teaspoon salt



Preparation:

- Make Italian dressing, set aside. In a small saucepan boil water and blanch (2 min.) the habaneros.
- Remove and cut off stems.
- remove seeds from one pepper but save seeds from one of the peppers.
- Place peppers in a blender and add all other ingredients.
- Blend well. Coat steaks generously. Marinate for 3-4 hours.
- Grill over hot charcoal fire. Look out hot.

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