

Eye Of Round Steaks With Garlic-Yogurt Marinade

Grill up fresh flavors with these beef steaks marinated in yogurt, fresh parsley, fresh lemon juice, sweet paprika and garlic.

INGREDIENTS

4 beef Eye of Round Steaks, cut 1 inch thick (about 8 ounces each)

1 cup plain nonfat yogurt

1/4 cup chopped fresh parsley

2 tablespoons fresh lemon juice

1 tablespoon sweet paprika

1 tablespoon minced garlic

1 teaspoon salt

1/4 cup mayonnaise



35 Min



4

Servings



42 Cal



53g

Protein

COOKING

1. Combine all marinade and sauce ingredients, except mayonnaise in small bowl; mix well. Divide mixture in half. Place beef steaks and 1/2 of mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Stir mayonnaise into remaining 1/2 of mixture for sauce; cover and refrigerate.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, 17 to 19 minutes) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.) Season steaks with salt, as desired. Serve with sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		19g	140mg		5g	53g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com