



Steak Marinade

Instructions:

In a plastic bag, mix the ingredients to create a marinade.

Use as a marinade for steak. Do not let it marinate for longer than 1 hour.

Tip - because steak portion sizes are small, it is recommended to only eat steak when eaten as part of a salad. Cut the steak into small pieces and add it to a salad. Lite Caesar dressing is recommended, and you have a main and a side.

Marinade is free. Steak and a salad count as a main and a side. See exchange lists for your steak serving size.

Prep Time:

5 minutes

Cook Time:

n/a

Ingredients:

2 oz. whiskey

2 oz. balsamic vinegar

fresh ground pepper to taste