



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEEF TERIYAKI CRISPS WITH WASABI MAYONNAISE

INGREDIENTS

- 1/4 cup fresh orange juice
- 1/4 cup lower-sodium soy sauce
(Check for Gluten)
- 2 tablespoons mirin (sweet rice wine)
- 2 tablespoons honey
- 2 teaspoons grated peeled fresh ginger
- 1/2 pound flank steak, trimmed
- Cooking spray
- 1/2 cup reduced-fat mayonnaise
- 2 teaspoons wasabi paste
- 2 teaspoons rice vinegar
- 24 baked gluten-free rice crackers

Optional

- Fresh chive pieces



DIRECTIONS

1. Combine first 6 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 24 hours, turning occasionally.
2. Remove steak from bag, and discard marinade. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan; grill 6 minutes on each side or until desired degree of doneness. Remove steak from pan; let stand 10 minutes. Cut steak diagonally across grain into thin slices; cut slices into 2-inch pieces.
3. Combine mayonnaise, wasabi paste, and vinegar, stirring well. Spoon 3/4 teaspoon mayonnaise mixture onto each cracker. Divide steak evenly among crackers; top each with 1/4 teaspoon mayonnaise mixture. Garnish with chives, if desired.

Nutrition: Calories 3,559, Fat 146g, Protein 298g, Carbohydrate 284g, Sodium 4,486 mg.