



Delicious Tidbits Compliments of Stacie Loftus

Spicy Flank Steak Tacos with Watermelon Salsa

Ingredients:

Nutritional Values

- Calories: 335
 - Fat: 12.8g
 - Saturated fat: 4.8g
 - Monounsaturated fat: 4.6g
 - Polyunsaturated fat: 1.1g
 - Protein: 30g
 - Carbohydrate: 28g
 - Fiber: 3g
 - Cholesterol: 83mg
 - Iron: 3mg
 - Sodium: 537mg
 - Calcium: 152mg
- 5/8 teaspoon kosher salt, divided
 - 1/4 teaspoon freshly ground black pepper
 - 1/4 teaspoon ground white pepper
 - 1/4 teaspoon ground red pepper
 - 1 (1-pound) flank steak, trimmed and halved lengthwise
 - Cooking spray
 - 8 green onions, roots trimmed
 - 2 cups finely chopped fresh watermelon
 - 2 tablespoons chopped fresh mint
 - 2 tablespoons fresh lime juice
 - 2 teaspoons olive oil
 - 1 serrano chile, seeded and chopped
 - 8 (6-inch) corn tortillas
 - 2 ounces feta cheese, crumbled (about 1/2 cup)



Directions:

1. Preheat grill to medium-high heat.
2. Combine 1/2 teaspoon salt, black pepper, white pepper, and red pepper in a small bowl. Score steak with a sharp knife in a diamond pattern on both sides (1/4 inch deep). Lightly coat steak with cooking spray; sprinkle steak evenly with pepper mixture. Arrange steak on a grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Let stand 5 minutes; cut steak across the grain into thin slices.
3. Arrange green onions on grill rack coated with cooking spray; grill 3 minutes or until slightly charred and tender.
4. Combine watermelon, mint, juice, oil, chile, and remaining 1/8 teaspoon salt in a medium bowl.
5. Place tortillas on grill rack coated with cooking spray; grill 1 minute on each side or until lightly charred. Arrange onions down the center of each tortilla; divide steak, salsa, and cheese evenly among tortillas.