 **Flank Steak Bundle**

*Serves 2*

**Ingredients**

8oz flank steak

¼ cup Steak marinade of choice

½ red bell pepper, cut in strips

½ medium onion, cut in strips

10 asparagus spears

4oz sweet potato

**Directions**

1. Add steak and marinade to Ziploc bag and marinate for at least 30 minutes or overnight.
2. Preheat oven to 350 degrees F and heat skillet sprayed with cooking spray on medium heat.
3. Cut steak into 2 equal pieces.
4. Lay one piece of steak flat on a cutting board. Take half the peppers, onion, and asparagus and place at one end of the steak. Roll steak around vegetables to form a bundle. Secure with toothpick. Repeat with other piece of steak and remaining vegetables.
5. Sear steak bundles in the heated skillet on all sides, about 1 minute per side.
6. Place steak bundles on baking sheet and bake in preheated oven for 10-15 minutes.
7. Serve with half of a baked sweet potato on the side.

**Nutrition**

*381 cals, 21g C, 16g F, 31g P*