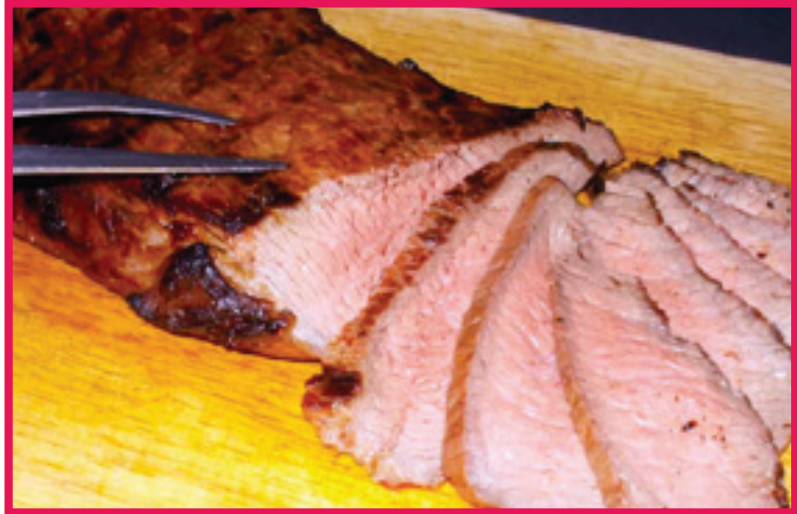


Mix It Up! with Gina

Gina's Recipe of the Week

Marinated Grilled London Broil for Memorial Day

Time to fire up the grill for Memorial Day on Monday May 27th! London Broil is on sale at Foodtown this week and it's the perfect food to make for your Memorial Day BBQ. I use teriyaki sauce and lemon juice in my marinade to give the London Broil a deliciously sweet and tangy flavor. Pair it with your favorite vegetable or salad for a delicious holiday meal! Enjoy and Happy Memorial Day! -Gina



Prep Time: 20 mins | Ready In: 1 hour | Servings: 4-6

Mix It Up...

In a small bowl, mix $\frac{3}{4}$ cup of olive oil, the juice of 1 lemon, $\frac{1}{2}$ teaspoon of garlic powder, $\frac{1}{2}$ teaspoon of paprika, $\frac{1}{2}$ teaspoon of pepper, 1 teaspoon of parsley flakes and 1 tablespoon of teriyaki sauce. Set aside.

Pierce the meat with a fork on both sides. Place the meat in large re-sealable plastic bag and pour the marinade over the meat. Refrigerate 1 hour or overnight.

Spray the grill with nonstick oil and preheat the grill on medium high heat.

Remove the London Broil from the marinade and pat dry with paper towels. Place the meat on the grill and cook 6 to 8 minutes per side for rare, longer for medium rare.

Transfer the London Broil to the cutting board and let rest for 5 minutes before carving.

Slice across the grain and serve with your favorite vegetable or salad.

Stop by Foodtown to pick up all of your ingredients to make this delicious dish for Memorial Day!

Ingredients

- 1 Pkg. 2 $\frac{1}{2}$ -3 Lb. Top Round London Broil (1" inch thickness)**
- $\frac{3}{4}$ Cup Olive Oil**
- Juice of 1 Whole Lemon**
- $\frac{1}{2}$ Teaspoon Garlic Powder**
- $\frac{1}{2}$ Teaspoon Smoked Paprika**
- $\frac{1}{2}$ Teaspoon Fresh Ground Pepper**
- 1 Teaspoon Parsley Flakes**
- 1 Tablespoon Teriyaki Sauce**