

CARBCONTROL RECIPES

MAINS

Blue Cheese Steak – serves 6

1 tsp ground ginger
1 tsp seasoned salt
½ tsp dry mustard
1/3 cup equivalent brown sugar substitute
6 medium sized steaks
¾ cup soy sauce (without sugar)
2 cloves garlic, chopped
blue cheese

combine all ingredients except cheese in a ceramic bowl. Marinate for 24 hours in the refrigerator. Remove steak from marinade and grill until done as desired. Place bits of cheese on top of steak. Grill again until cheese starts to melt before serving.