

Grilled Vidalia Onion and Steak Sandwich

Steak

- 1/4 cup cola
- 2 tablespoons red wine vinegar
- 1 teaspoon coarsely ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground chipotle chile pepper
- 4 garlic cloves, crushed
- 1 bay leaf, crushed
- 1 (1 1/2 pound) flank steak

Dressing

- 1/4 cup minced arugula
- 1/2 cup low fat mayonnaise
- Pinch of salt

Remaining Ingredients

- Cooking Spray
- 6 (1/2 inch thick) slices Vidalia onion
- 6 (2 ounce) Kaiser rolls
- 12 (1/4 inch thick) slices tomato

To prepare steak, combine first 7 ingredients in a large zip-top plastic bag. Add steak, seal and marinate in refrigerator for 2 hours, turning bag occasionally. remove steak from bag, reserving marinade. Pour marinade into a microwave safe bowl, microwave at High 2 minutes or until mixture comes to a boil. Set aside.

Prepare grill or broiler.

To prepare dressing, combine arugula, mayonnaise and salt (if desired).

Place steak on a grill or broiler pan coated with cooking spray. Grill or broil 8 minutes each side or until steak is medium rare or desired degree of doneness. remove steak from grill or broiler, cover and let stand 5 minutes. Place onion slices on grill rack, grill 4 minutes on each side basting occasionally. Alternatively you can broil the onions of pan fry them. Place rolls on grill rack, cut side down, grill 2 minutes minutes or broil until lightly browned.

Cut steak diagonally across grain into thin slices. Spread 2 tablespoons dressing on bottom half of each roll. Divide steak, tomato and onion evenly among bottom halves of rolls. Top with top halves or rolls.

Source: The Best of Cooking Light 7