



**BRAIN HEALTHY  
COOKING**

# Entrée

## Moroccan Grilled Steak



### Ingredients

- 1 TSP ground allspice
- 1 TSP ground cumin
- 1 TSP ground ginger
- ½ TSP ground cinnamon
- ½ TSP ground coriander
- ½ TSP cayenne pepper
- 1 LB strip steak, trimmed of visible fat and cut into 4 portions

### Directions

1. Preheat grill to high.
2. Combine allspice, cumin, ginger, cinnamon, coriander and cayenne pepper in a small bowl
3. Rub steaks with spice mixture.
4. Place the steaks in the front or back of the grill and cook, turning once, about 3 to 4 minutes per side for medium-rare

