



**BRAIN
HEALTHY**
COOKING
program

Entrée

Moroccan-Rubbed 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

Serves 6

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

