



## FEATURED RECIPE:

# Argentinian grilled steak with Salsa Criolla

### Ingredients

#### *For the salsa:*

1 large, ripe tomato  
1/4 small red onion  
2 tablespoons fresh parsley  
2 teaspoons extra virgin olive oil  
2 teaspoons red wine vinegar  
1/2 teaspoon minced garlic  
1/4 teaspoon dried oregano  
1/8 teaspoon low-sodium adobo seasoning  
1/8 teaspoon crushed red pepper

#### *For the steak:*

1 pound skirt steak  
1/8 teaspoon low-sodium adobo seasoning

### Directions

#### *For the salsa:*

1. In a small bowl, mix together tomato, onion, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo seasoning and crushed red pepper.
2. Cover and refrigerate for at least 1 hour or up until 48 hours.

#### *For the steak:*

1. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates.
2. Cook until steak is well browned on both sides and cooked to 145 °F.
3. Let rest for 5 minutes. Thinly slice steak and serve. Top with reserved Salsa Criolla

*Nutrition information:* Serves 4. Calories 220; Total Fat 11 g; Saturated Fat 4 g; Sodium 80 mg; Total Carbohydrate 5 g; Dietary Fiber 1 g; Protein 25 g

*Source:* What's Cooking? USDA Mixing Bowl