



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