



ARGENTINEAN GRILLED STEAK WITH SALSA CRIOLLA

Tonight, try a recipe from South America! Enjoy these Argentinean-style steaks with a homemade Criolla sauce, packed with flavor.

Preparation time: 25 minutes

Serves: 4

INGREDIENTS:

For the sauce:

- 1 large, ripe tomato, cored, seeded and finely chopped (about ½ cup)
- ¼ small red onion, finely chopped (about ¼ cup)
- 2 tbsp finely chopped fresh parsley
- 2 tsp extra virgin olive oil

- 2 tsp red wine vinegar
- ½ tsp minced garlic
- ¼ tsp oregano leaf
- ½ tsp low-sodium adobo seasoning
- ⅛ tsp crushed red pepper

For the steak:

- 1 lb skirt steak
- ⅛ tsp low-sodium adobo seasoning

DIRECTIONS:

1. For the sauce: In small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo and crushed red pepper; cover and refrigerate for at least 1 hour, or up to 48 hours.
2. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates. Cook, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare). Let rest for 5 minutes. Thinly slice steak.
3. Divide steak evenly among serving plates. Top with reserved Salsa Criolla.

Serving Suggestions:

Pair with Arepas, cornmeal patties popular in Colombia and Venezuela, and a healthy Quinoa Salad for a South American Steak Supper.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	½ cup
Grains	--
Protein	3 oz

Nutrition Facts

Serving Size (201g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 80mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 25g	
Vitamin A 8%	Vitamin C 15%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

* This is an adapted Goya recipe. Find original recipes in the cookbook *The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking*. Photo credit: Goya.

