

Argentinean Grilled Steak with Salsa Criolla



It's finally grilling season! Fire up your grill, set the patio table, and enjoy a delicious South American recipe. These Argentinian-style steaks paired with a homemade criolla sauce are a simple and healthy and filling dinner. Pair with arepas (cornmeal patties popular in Columbia and Venezuela), and a healthy quinoa salad to complete your South American supper.

For the Sauce

- 1 large, ripe tomato (cored, seeded, and finely chopped)
- 1/4 small red onion (finely chopped)
- 2 Tbsp fresh parsley (finely chopped)
- 2 tsp extra virgin olive oil
- 2 tsp red wine vinegar
- 1/2 tsp minced garlic
- 1/4 tsp oregano leaf
- 1/8 tsp low-sodium adobo seasoning
- 1/8 tsp crushed red pepper

Nutrition

Servings: 4
Calories: 220
Fat: 11 g
Protein: 25 g
Carbohydrates: 5 g
Dietary Fiber: 1 g
Sodium: 80 mg

For the Steak

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

Directions for the Sauce

1. In a small bowl, mix together tomato, onions, 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.

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Directions 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, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare).
3. Let it rest for 5 minutes. Thinly slice steak.
4. Divide steak evenly among serving plates. Top with reserved Salsa Criolla.