



## Argentinean Grilled Steak with Salsa Criolla

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
- 1/8 tsp low-sodium adobo seasoning
- 1/8 tsp crushed red pepper



### For the steak:

- 1 lb skirt steak
- 1/8 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.

**Nutrition Facts:** Calories, 220; Calories from fat, 100; Total fat, 11g; Saturated fat, 3.5g; Trans fat 0g; Cholesterol, 70mg; Sodium, 80mg; Total Carbohydrate, 5g; Fiber, 1g; Protein, 25g; Vit. A, 8%; Vit. C, 15%; Calcium, 2%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov/>



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