

## Dry-Rub Steak with Fresh Fruit Salsa

Serve with Bohemia or Negra Modelo, Mexican beers that will complement the Latin spices. Or try Gordon Biersch, a full-flavored Marzenbier that goes well with beef. The salsa is best if prepared just before the sirloin is grilled.

- **Yield:** 8 servings (serving size: 3 ounces beef and about 1/3 cup salsa)

### Ingredients

- Steak:
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons minced garlic
- 1 teaspoon chili powder
- 1 teaspoon finely chopped fresh or 1/4 teaspoon dried oregano
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1 (2-pound) boneless sirloin steak
- Salsa:
- 1/2 cup finely chopped red onion
- 2 tablespoons fresh lime juice
  
- 1/2 teaspoon kosher salt
- 1 1/2 cups finely chopped peeled mango
- 1 cup finely chopped peeled kiwifruit
- 1/2 cup quartered cherry tomatoes
- 1/4 cup chopped green onions
- 2 tablespoons minced fresh cilantro
- 1 tablespoon chopped fresh mint
- 1 teaspoon sugar
- 1 jalapeno pepper, seeded and minced
- Remaining ingredient:
- Cooking spray



### Preparation

To prepare steak, combine first 7 ingredients; rub evenly over steak. Cover and refrigerate 2 hours or overnight. Prepare grill or broiler.

To prepare salsa, combine red onion, 2 tablespoons juice, and 1/2 teaspoon salt, tossing to coat. Let stand 30 minutes. Combine mango and next 7 ingredients (mango through jalapeño) in a medium bowl. Add onion mixture; toss gently to combine.

Place steak on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness. Place steak on a platter; let stand 5 minutes. Cut diagonally across grain into 1/4-inch-thick slices. Serve with salsa.

**Nutritional Information: Amount per serving:** Calories: 229

|                           |                           |                     |
|---------------------------|---------------------------|---------------------|
| Calories from fat: 36%    | Fat: 9.1g                 | Saturated fat: 3.4g |
| Monounsaturated fat: 3.6g | Polyunsaturated fat: 0.4g | Protein: 24.7g      |
| Carbohydrate: 12.1g       | Fiber: 2.1g               | Cholesterol: 66mg   |
| Iron: 2.7mg               | Sodium: 535mg             | Calcium: 29mg       |