

Grilled Skirt Steak and Roasted Tomatillo Sauce

Mild, fruity guajillo chiles are dried mirasol chiles. Look for them at Latin markets, or substitute ancho chiles. Serve the steak with halved multicolored cherry tomatoes, which add very few calories. **Yield:** Serves 4 **Hands-on:**33 Minutes **Total:**1 Hour, 53 Minutes

Ingredients

- 1 cup boiling water
- 1 dried guajillo chile, stemmed
- 3 tablespoons chopped fresh oregano, divided
- 2 tablespoons fresh lime juice, divided
- 1 tablespoon olive oil
- 1 1/2 teaspoons ground cumin, divided
- 8 garlic cloves, divided
- 1 (1-pound) skirt steak, trimmed
- 1/2 cup sliced onion
- 8 ounces tomatillos, husks removed
- Cooking spray
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- Dash of sugar
- 2 tablespoons chopped fresh cilantro



Preparation

1. Combine 1 cup boiling water and chile in a small bowl; let stand 10 minutes or until hydrated. Drain; finely chop chile. Combine chile, 1 tablespoon oregano, 1 tablespoon juice, oil, and 1 teaspoon cumin in a zip-top plastic bag. Mince 4 garlic cloves; add to bag. Add steak to bag; seal. Shake to coat; refrigerate 1 hour.
2. Preheat oven to 450°.
3. Crush remaining 4 garlic cloves. Arrange crushed garlic, onion, and tomatillos in a single layer on a baking sheet coated with cooking spray; lightly coat vegetables with cooking spray. Bake at 450° for 20 minutes or until charred. Combine tomatillo mixture, remaining 2 tablespoons oregano, remaining 1 tablespoon juice, remaining 1/2 teaspoon cumin, 1/2 teaspoon salt, 1/4 teaspoon pepper, and sugar in a blender; process until smooth, scraping sides.
4. Preheat the grill to high heat.
5. Remove steak from bag; sprinkle both sides of steak evenly with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper. Place steak on grill rack coated with cooking spray. Grill 2 minutes on each side or until a thermometer inserted into the thickest portion of steak registers 135° or until desired degree of doneness. Let steak stand 10 minutes. Cut steak diagonally across grain into thin slices. Place 3 ounces steak on each of 4 plates. Top each serving with about 3 tablespoons sauce; sprinkle each serving with 1 1/2 teaspoons cilantro.

Nutritional Information: Amount per serving: Calories: 227

Fat: 11.4g Saturated fat: 3.3 g Monounsaturated fat: 6.3g
Polyunsaturated fat: 1.0g Protein: 19.9g Carbohydrate: 11g
Fiber: 1.8g Cholesterol: 48mg Iron: 3.5mg
Sodium: 543mg Calcium: 58mg