

Peppered Flank Steak and Salsa (Chef Sam will be substituting Chicken)

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- **Yield:** 4 servings (serving size: 3 ounces steak and 1/3 cup salsa)
- **Total:** 30 Minutes

Ingredients

- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground red pepper
- 1 (1-pound) flank steak, trimmed
- Cooking spray

- 1 1/2 cups diced red and yellow tomato
- 2 tablespoons sliced green onions
- 4 teaspoons chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons red wine vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper



Preparation

1. Preheat grill to medium-high heat.
2. Combine first 6 ingredients in a small bowl. Rub spice mixture evenly over both sides of steak. Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.
3. Combine 1 1/2 cups tomato and remaining ingredients. Serve salsa over steak.

Nutritional Information: Amount per serving: Calories: 210

Fat: 10g Saturated fat: 2.8g Monounsaturated fat: 4.9g
Polyunsaturated fat: 0.6g Protein: 25.2g Carbohydrate: 3.6g
Fiber: 1.2g Cholesterol: 37mg Iron: 2.2mg
Sodium: 437mg Calcium: 47mg