

SPEEDY FIESTA STEAK AND RICE

Total preparation & cooking time: 30 minutes



- 1 can (14.5 ounces) diced tomatoes with green chilies, divided**
- 1 lime, juiced**
- 1 package (1.25 ounces) 30% less sodium taco seasoning mix**
- 1 beef skirt steak (about 1-1/2 pounds), cut into 4 pieces**
- 1 package (6.09 ounces) rice pilaf mix**
- 1 tablespoon olive oil**
- 1/4 cup chopped cilantro**

1. Combine 1/2 cup diced tomatoes, lime juice and taco seasoning mix in small bowl. Place beef steak and tomato marinade in food-safe plastic bag; turn steak to coat. Close bag securely; marinate in refrigerator 6 to 24 hours.
2. Prepare rice pilaf mix according to package directions, using water and 1 tablespoon olive oil. Drain liquid from remaining diced tomatoes; discard liquid. Add tomatoes and cilantro to cooked rice. Set aside; keep warm.
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 7 to 12 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steak diagonally across the grain into thin slices. Serve over rice mixture.

Makes 4 servings

Nutrition information per serving: 478 calories; 19 g fat (8 g saturated fat; 9 g monounsaturated fat); 116 mg cholesterol; 983 mg sodium; 39 g carbohydrate; 1.5 g fiber; 35 g protein; 5.5 mg niacin; 0.6 mg vitamin B₆; 5.5 mcg vitamin B₁₂; 3.9 mg iron; 23.9 mcg selenium; 7.3 mg zinc; 117.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.



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