

Steak and Grilled Corn Tortillas

Total recipe time: 25 minutes

Makes 4 servings

Ingredients

2 leftover grilled Cumin-Rubbed Flat Iron Steaks
8 small corn tortillas(6 to 7-inch diameter), warmed
Lime wedges (optional)

Corn Salsa:

2 ears leftover grilled sweet corn
1 leftovergrilled poblano pepper
1 leftover grilled red finger (cayenne) chili pepper or serrano pepper
2 tablespoons olive oil
1 to 2 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
1/4 teaspoon salt

Avocado Cream:

1 medium ripe avocado, coarsely mashed
1 tablespoon chopped fresh cilantro
1 tablespoon sour cream
1 teaspoon fresh lime juice
1/8 teaspoon salt

Instructions

1. To prepare Corn Salsa, cut corn kernels from cobs. Place corn in medium bowl. Remove and discard skins, stems and seeds from poblano and red finger chili peppers. Chop peppers; add to corn. Stir in oil, cilantro, lime juice and salt; set aside.
2. Combine Avocado Cream ingredients in small bowl; set aside.
3. Carve beef steaks into thin slices. Serve beef in tortillas; top with Corn Salsa and Avocado Cream. Garnish with lime wedges, if desired.

Nutritional Information Per Serving

Nutrition information per serving: 493 calories; 29 g fat (7 g saturated fat; 10 g monounsaturated fat); 73 mg cholesterol; 172 mg sodium; 37 g carbohydrate; 6.3 g fiber; 28 g protein; 4.2 mg niacin; 0.5 mg vitamin B₆; 5.0 mcg vitamin B₁₂; 3.9 mg iron; 35.5 mcg selenium; 8.4 mg zinc.

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

Cook's Notes



Funded by The Beef Checkoff