



Carne Asada

Recipe Courtesy Chef Bryan Woolley

2 pounds flank or skirt steak
Olive oil
Kosher salt and freshly ground black pepper
Corn tortillas

Marinade:

4 garlic cloves, minced
1 jalapeño chile pepper, seeded and minced
1 teaspoon freshly ground cumin seed (best to lightly toast the seeds first, then grind them)
1 large handful fresh cilantro, leaves and stems, finely chopped (great flavor in the stems) 2 limes, juiced
2 Tbsps balsamic vinegar
½ tsp sugar
½ cup olive oil
Kosher salt and freshly ground black pepper

1. Combine marinade into a large non-reactive bowl.
2. Add steak and “toss” to thoroughly coat steak with marinade, cover with plastic wrap and refrigerate for 2 hours
3. Grill steak for about 2 minutes on each side.
4. Warm tortilla shells up either on the grill or in the microwave.
5. Cut steaks into thin strips across the grain on a diagonal.
6. Serve with warm tortilla shells and freshly cut tomatoes and lettuce.

Nutritional Analysis

Servings: 8

Serving Size: 1 taco

Calories:	290
Protein:	26g
Carbohydrate:	8g
Total Fat:	16g
Saturated Fat	4.5g
Cholesterol:	45mg
Sodium:	240mg

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Diabetic Exchanges

Protein	3.75
Fat	3.2
Carbohydrates	1