

Carne Asada Sirloin

Recipe by: Chef Jonathan Poyourow, RD, LD, MA

Yield: 8 servings

Ingredients

2 garlic cloves, minced
1 teaspoon dried oregano
1 teaspoon ground paprika
1 tablespoon ancho chili powder
½ teaspoon ground cumin
Sea salt and freshly ground black pepper, to taste
2 pounds sirloin steak
1 lime, juiced



Method of Preparation

1. In a small bowl, combine garlic, oregano, paprika, ancho chili powder, cumin, salt and pepper to taste.
2. Rub meat with lime juice and then seasoning.
3. Let marinate in refrigerator at least two hours. Remove from refrigerator and leave at room temperature another 30 minutes.
4. Coat a skillet lightly with non-stick spray and place over medium-high heat. Sear sirloin 3-4 minutes on per side or until it reaches an internal temperature of 145 degrees or more according to your desired doneness.

Nutritional Analysis:

Calories: 200
Carbohydrates: 0 g
Sodium: 60 mg
Protein: 23 g
Total Fat: 11 g
Saturated Fat: 4 g
Fiber: 0 g

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