



## weekend advanced

### CHILI-RUBBED STEAKS AND PAN SALSA

- 8 ounces ½ inch-thick steaks, such as rib-eye, trimmed of fat and cut into 2 portions
- 1 teaspoon chili powder
- ½ teaspoon kosher salt, divided
- 1 teaspoon extra-virgin olive oil
- 2 plum tomatoes, diced
- 2 teaspoons lime juice
- 1 tablespoon chopped fresh cilantro

Sprinkle both sides of steak with chili powder and ¼ teaspoon salt.

Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

Add tomatoes, lime juice and the remaining ¼ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes.

Remove from heat, stir in cilantro and any accumulated juices from the steaks.

Serve the steaks topped with the salsa.

Serves 2  
Active Time: 20m  
Total Time: 20m

### NUTRITION FACTS

Amount per serving:  
Calories: 192  
Total Fat: 8g  
Saturated Fat: 2g  
Monounsaturated Fat: 4g  
Cholesterol: 81mg  
Sodium: 359mg  
Carbohydrates: 4g  
Dietary Fiber: 1g  
Total Sugars: 2g  
Added Sugars: 0g  
Protein: 26g  
Potassium: 515mg

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