



## **Carne Asada**

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**Serves 8**

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 jalapeno chili pepper, seeded and minced  
1 tsp 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 Tbsp 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**

Serving Size: 1 taco

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

### **Diabetic Exchanges:**

Protein	3.75
Fat	3.2
Carbohydrates	1