



Recipes



Carne Asada Tacos

These flank-steak soft tacos are so tasty and easy, they should be in everyone's repertoire. Plus they're made with fresh corn tortillas (not fried) and topped with a quick homemade salsa made with avocado, tomato, onion and a bright squeeze of lime.

Makes 8 servings

Active Time:30 minutes

Total Time:30 minutes

Course:Dinner

Ingredients

- 1/2 cup of white vinegar
- 2 tablespoons of chili powder
- 2 tablespoons of extra-virgin olive oil
- 2 3/4 teaspoons of salt, divided
- 1 teaspoon of garlic powder
- 2 pounds of flank or skirt steak, trimmed and cut into 3 equal portions
- 1 pound of tomatoes, chopped
- 2-4 fresh jalapeño peppers or serrano chiles, seeded and finely diced
- 1/2 cup of chopped onion

- 1/2 cup of chopped fresh cilantro
- 1 ripe but slightly firm avocado, diced
- Juice of 1 lime
- 16 5- to 6-inch corn or whole-wheat flour tortillas, warmed
- 1/3 cup of crumbled Cotija cheese (see Tip) or other shredded cheese

Directions

1. Whisk vinegar, chili powder, oil, 2 teaspoons salt and garlic powder in a 9-by-13-inch baking dish. Add steak and turn to coat. Cover and marinate in the refrigerator for at least 1 hour and up to 24 hours.
2. Make salsa about 20 minutes (and up to 2 hours) before cooking the meat: Gently combine tomatoes, jalapeños (or chiles) to taste, onion, cilantro, avocado, lime juice and the remaining 3/4 teaspoon salt in a medium bowl.
3. Position rack in upper third of oven; preheat broiler.
4. Place the steak on a rimmed baking sheet (discard the marinade). Broil 3 to 4 minutes per side for medium. Transfer to a clean cutting board and let rest for 5 minutes. Thinly slice against the grain. Serve the steak wrapped in warm tortillas and topped with the salsa and cheese.

Tip

Cotija cheese, also called queso añejo or queso añejado, is an aged Mexican cheese similar to Parmesan. Find it near other specialty cheeses or in Mexican grocery stores.

Make Ahead Tip:

Marinate the steak (Step 1) for up to 1 day. Prepare the salsa (Step 2) up to 2 hours ahead.

Nutrition information

Per serving: 350 calories; 28 g carbohydrates; 14 g fat (4 g sat, 6 g mono); 29 g protein; 76 mg cholesterol; 6 g dietary fiber; 773 mg potassium; 437 mg sodium. Nutrition bonus: Zinc (38% daily value), Vitamin C (27% dv), Potassium (22% dv), Magnesium (20% dv), Iron & Vitamin A (16% dv).

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