

## **May 2019 TV Recipes—"FIRE UP THE GRILL" RECIPES**

*It's always time to fire up the grill and we've got just what you're looking for. Whether you want a classic steak or a spiced-up grilled taco or steak salad recipe, this collection won't disappoint. And May is Beef Month in Wisconsin... try a new recipe; try a new cut of beef; try a new grilled fruit or vegetable!!*

### **Beef Fajita Salad with Salsa Verde**

*All the flavors of Flank Steak fajitas served on a crunchy bed of greens make for a colorful and peppery salad.*

Recipe time: 45 minutes – Makes 8 servings

- 1 beef Flank Steak (1-1/2 to 2 pounds)
- 1/2 teaspoon ground black pepper
- 1 jar (16 ounces) Herdez® Salsa Verde, divided
- 2 medium Poblano peppers
- 1 large onion, cut into 1/2-inch thick slices
- 1 red bell pepper, seeded, cut into quarters
- 8 cups chopped romaine lettuce
- 1 cup 1/4-inch thick cut jicama strips
- 2 tablespoons chopped fresh cilantro leaves



#### **Garnish:**

- 1 lime, cut into wedges

1. Press black pepper evenly onto beef steak. Place steak and 3/4 cup Herdez® Salsa Verde in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator for 6 hours or as long as overnight.
2. Place Poblano peppers in center of grid over medium, ash-covered coals. Grill peppers, covered, 9 to 10 minutes (gas grill times remain the same) or until skins are completely blackened, turning occasionally. Place peppers in food-safe plastic bag; close bag. Let stand 15 minutes.
3. Remove steak from marinade; discard marinade. Spray onion slices and bell pepper lightly with nonstick cooking spray. Place steak in center of grid over medium, ash-covered coals; arrange onion slices and bell pepper around steak. Grill steak, onion slices and bell pepper, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 16 to 21 minutes) or until steak is medium rare (145°F) to medium (160°F) doneness and onion and bell pepper are tender, turning occasionally. Keep warm.
4. Remove and discard skins, stems and seeds from Poblano peppers; cut into 1/2-inch slices. Cut onion slices in half. Cut bell peppers into 1/2-inch slices. Carve steak across the grain into thin slices. Season with salt and pepper, as desired. Toss lettuce with 1/2 cup Herdez® Salsa Verde; arrange on serving platter. Top with onion, peppers, jicama and beef. Drizzle with remaining 1 cup Herdez® Salsa Verde. Sprinkle with cilantro. Garnish with lime wedges, if desired.

**Nutrition information per serving:** 236 Calories; 6 Calories from fat; 6g Total Fat (3 g Saturated Fat; 2 g Monounsaturated Fat;) 66 mg Cholesterol; 812 mg Sodium; 14 g Total Carbohydrate; 5.5 g Dietary Fiber; 25 g Protein; 2.8 mg Iron; 9.8 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4.5 mg Zinc; 27.4 mcg Selenium; 96 mg Choline.

*This recipe is an excellent source of Dietary Fiber, Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, and Choline.*

### **Grilled Adobo Beef Steak Tacos with Creamy Chipotle Salsa and Tequila Pickled Red Onions**

*Grilled steak tacos get a spicy salsa marinade and are topped with tequila-kissed pickled red onions.*

Recipe time: 1 hour 30 minutes – Makes 4 servings

- 1 beef Flat Iron Steak (about 8 ounces each)

#### **Pickled Red Onions:**

- 1-1/2 tablespoons black peppercorns
- 4 fresh thyme sprigs
- 1-1/2 cups thinly sliced red onion
- 1/2 cup tequila
- 1/4 cup honey
- 1/4 cup apple cider vinegar
- 1-1/2 teaspoons kosher salt

#### **Salsa:**

- 2 slices yellow onion, 1/2 inch thick
- 1 cup fresh cilantro springs (about 1/2 bunch)
- 1 can (7 ounces) chipotle peppers in adobo sauce
- 2 cloves garlic
- 1 teaspoon coarse grind black pepper
- 1/2 teaspoon kosher salt
- 1/2 cup olive oil

#### **Tortillas:**

- 8 small corn tortillas, warmed

#### **Toppings:**

- 1/4 cup crumbled cotija cheese
- 1/4 cup crumbled queso fresco cheese
- 1 large avocado, cut into 8 slices
- 1/2 cup chopped fresh cilantro leaves
- 1 lime, cut into 8 wedges



1. **PREPARE PICKLED RED ONIONS:** To prepare Pickled Red Onions, add peppercorns and thyme to 1-pint Mason jar; top with red onions. Combine tequila, honey and vinegar in small saucepan; bring to a boil over medium heat. Stir in salt until dissolved. Carefully pour hot tequila mixture over onions, making sure to cover onions completely. Close jar; let stand for 1 hour or until mixture reaches room temperature. Shake jar to dissolve salt. Refrigerate at least 24 hours before using.
2. **PREPARE SALSA:** To prepare Salsa, place yellow onion slices on grid over medium, ash-covered coals. Grill onion, covered, 12 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 14 minutes), turning occasionally. Roughly chop grilled onion; set aside to cool. Combine grilled onion, cilantro, chipotle peppers, garlic, black pepper and 1/2 teaspoon salt in blender container. Cover; pulse on and off until pureed. With blender running, slowly add oil to blender through opening in cover, processing until smooth. Reserve 1 cup salsa; cover and refrigerate.
3. Place beef steaks and remaining salsa in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 30 minutes.
4. Remove steaks from marinade; discard marinade. Pat steaks dry with paper towel; season with salt, if desired.
5. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Keep warm.
6. Place Cotija cheese and queso fresco in food processor container. Pulse on and off until cheese resembles coarse breadcrumbs. Cover and refrigerate until ready to use.
7. Carve steaks lengthwise into 1-inch strips, then across the grain into 1/2-inch pieces. Divide beef among tortillas; top with reserved 1 cup salsa, pickled onions, cheese, avocado, cilantro and lime wedges, as desired.

***Cook's Tip:** Use the internet to easily locate ethnic or hard-to-find foods when specialty markets are not nearby; many ingredients are available via mail order.*

**Nutrition information per serving:** 672 Calories; 34 Calories from fat; 34g Total Fat (7 g Saturated Fat; 20 g Monounsaturated Fat;) 71 mg Cholesterol; 1225 mg Sodium; 51 g Total Carbohydrate; 5.1 g Dietary Fiber; 25 g Protein; 4.6 mg Iron; 4.2 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 5 mcg Vitamin B<sub>12</sub>; 8.4 mg Zinc; 32.8 mcg Selenium; 95.3 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.

## Balsamic-Glazed Skirt Steak Beef Rolls

Impress your dinner guests with the beautiful presentation. Colorful vegetables are rolled into flavorful Skirt Steak and drizzled with a balsamic reduction. Simply stunning.

Recipe time: 60 minutes – Makes 4 servings

- 1 beef Inside Skirt Steak (about 1 pound)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons Worcestershire sauce
- 1 carrot, cut into matchsticks (2 to 3 inches long)
- 1 red bell pepper, cut into matchsticks (2 to 3 inches long)
- 1 yellow bell pepper, cut into matchsticks (2 to 3 inches long)
- 1 zucchini, cut into matchsticks (2 to 3 inches long)
- 1 teaspoon Italian seasoning
- 1 lemon, zested and juiced
- 2 teaspoons butter
- 2 tablespoons minced shallots
- 1/4 cup balsamic vinegar
- 1 tablespoon packed light brown sugar
- 1/4 cup unsalted beef broth



1. Trim excess fat from beef Skirt Steak. Place steak flat on cutting board; vertically cut into eight pieces. Season with salt and pepper; drizzle with Worcestershire sauce. Place steak pieces in food-safe plastic bag. Close bag securely and marinate 30 minutes or up to 6 hours.
2. Heat large nonstick skillet on medium high heat until hot. Coat skillet with cooking spray. Add carrot, bell peppers and zucchini; cook 5 minutes, stirring often. Add Italian seasoning, lemon zest and lemon juice; stir until vegetables are coated. Remove from skillet; keep warm.
3. Melt butter in small saucepan over medium heat. Add shallots; cook 3 to 4 minutes until shallots are translucent. Add vinegar, sugar and broth. Bring to a boil; cook 5 to 6 minutes until mixture is reduced by half. Remove saucepan from heat; keep warm.
4. Remove steak from plastic bag; discard bag. Pat steak dry with paper towel. Place steak piece on coating board or plate; top with 1/2 cup vegetable mixture at top edge of each piece. Roll beef around vegetables; close with toothpick.
5. Heat same skillet as used to cook vegetables over medium heat until hot. Place beef rolls, seam-side down in skillet; cook 14 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning often. Place rolls on serving platter; drizzle with balsamic mixture.

**Nutrition information per serving:** 290 Calories; 14.2 Calories from fat; 14.2g Total Fat (5.5 g Saturated Fat; 0.6 g Trans Fat; 0.7 g Polyunsaturated Fat; 5.9 g Monounsaturated Fat;) 84 mg Cholesterol; 463 mg Sodium; 15 g Total Carbohydrate; 1.9 g Dietary Fiber; 26 g Protein; 3.2 mg Iron; 568 mg Potassium; 6 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 2.5 mcg Vitamin B<sub>12</sub>; 7.1 mg Zinc; 28.7 mcg Selenium; 56.5 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Potassium, and Choline.

## Grilled Beef Tri-Tip with Tropical Fruit Salsa

*Tri-Tip Roast is grilled and brushed with a lime-honey glaze during cooking. A quick salsa including papaya, jalapeno and lime brightens up the finished dish.*

Recipe time: 60 minutes – Makes 8 servings

- 1 beef Tri-Tip Roast (1-1/2 to 2 pounds)

### Lime-Honey Glaze:

- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- 1 teaspoon dry mustard
- 1 teaspoon salt

### Tropical Fruit Salsa:

- 1-1/2 cups diced papaya or mango
- 1/2 cup diced plum tomatoes
- 2 jalapeño peppers, seeded, finely chopped
- 2 tablespoons sliced green onion
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro or parsley
- 1 tablespoon honey

1. Combine glaze ingredients in small bowl.
2. Place roast on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill; covered 25 to 35 minutes for medium rare to medium doneness, turning occasionally. Brush with glaze twice during last 10 minutes.
3. Meanwhile, combine salsa ingredients in medium bowl. Refrigerate until ready to serve.
4. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Tent loosely with aluminum foil; let stand 10 minutes. (Temperature will continue to rise about 10°F to 145°F for medium rare; 160°F for medium.) Carve across the grain into thin slices. Serve with salsa.



*Nutrition information per serving, 1/6 of recipe: 245 Calories; 8 Calories from fat; 8g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 66 mg Cholesterol; 443 mg Sodium; 21 g Total Carbohydrate; 1.6 g Dietary Fiber; 24 g Protein; 2.5 mg Iron; 9.6 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 4.3 mg Zinc; 27.5 mcg Selenium.*

*This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron.*

## Grilled Peppery Top Round Steak with Parmesan Asparagus

*After soaking in a tasty vinegar-garlic marinade, this Top Round Steak is grilled alongside fresh asparagus.*

Recipe time: 40 minutes – Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1 pound)
- 1-pound asparagus, trimmed
- 1 teaspoon olive oil
- 3 tablespoons shredded Parmesan cheese
- Salt
- Hot cooked orzo (optional)

### Marinade:

- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme



- 2 large cloves garlic, minced
  - 2 teaspoons steak seasoning blend
  - 1 teaspoon crushed red pepper
1. Combine Marinade ingredients in medium bowl. Place beef Steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
  2. Remove steak from marinade; discard marinade. Toss asparagus with oil. Place steak in center of grid over medium, ash-covered coals; arrange asparagus around steak. Grill steak, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook) Grill asparagus 6 to 10 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) or until crisp-tender, turning occasionally.
  3. Immediately sprinkle cheese over asparagus. Carve steak into thin slices. Season with salt, as desired. Serve with asparagus and orzo, if desired.

***Nutrition information per serving:** 238 Calories; 10 Calories from fat; 10g Total Fat (3 g Saturated Fat; 6 g Monounsaturated Fat;) 64 mg Cholesterol; 272 mg Sodium; 5 g Total Carbohydrate; 2.5 g Dietary Fiber; 31 g Protein; 4.9 mg Iron; 6 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.5 mg Zinc; 34.6 mcg Selenium.*

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber.*

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