

Orange-Chipotle Skirt Steaks

KRISTINA VANNI, California

Total Recipe Time: 30 minutes

Marinade Time: 6 hours to overnight

Makes 6 servings

1½ pounds beef skirt steak, cut into 4 to 6-inch pieces

2 medium oranges, divided

2 cups chopped tomatillos (4 to 5 small to medium)

½ cup chopped red onion

2 to 3 teaspoons minced chipotle peppers in adobo sauce

¼ teaspoon ground cumin

½ teaspoon salt

Marinade

Juice of 1 medium orange

2 tablespoons vegetable oil

2 tablespoons adobo sauce (from chipotle peppers)

1 teaspoon ground cumin

¼ teaspoon ground black pepper

Nutrition information per serving:

266 calories; 15 g fat (5 g saturated fat; 8 g monounsaturated fat); 49 mg cholesterol; 158 mg sodium; 10 g carbohydrate; 2.4 g fiber; 22 g protein; 4.7 mg niacin; 0.5 mg vitamin B₆; 3.7 mcg vitamin B₁₂; 2.8 mg iron; 16.4 mcg selenium; 5 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.



1. Combine Marinade ingredients in food-safe plastic bag; add beef, closing bag securely. Marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Grate ½ teaspoon peel from 1 orange and cut orange and half of remaining orange into segments; chop segments into ½-inch pieces. Combine orange peel, segments, tomatillos, onion, chipotle peppers, cumin and salt in medium bowl and refrigerate until ready to serve; cut remaining ½ orange into wedges and reserve for garnish.
3. Remove steaks from marinade, discarding marinade; place steaks on grid over medium, ash-covered coals and grill, uncovered, 10 to 13 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks diagonally across the grain into thin slices, seasoning with salt, as desired; serve with tomatillo salsa and garnish with reserved orange wedges.

