

CUMIN-RUBBED STEAKS WITH AVOCADO SALSA VERDE

Total preparation and cooking time: 20 to 25 minutes

- 2 beef shoulder center steaks (ranch), cut 1 inch thick (about 8 ounces each)**
- 2 teaspoons ground cumin**
- 3/4 cup prepared tomatillo salsa**
- 1 small avocado, diced**
- 2 tablespoons chopped fresh cilantro**

1. Press cumin evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 13 to 16 minutes for medium rare to medium doneness, turning occasionally.
2. Meanwhile combine salsa, avocado and cilantro in small bowl.
3. Carve steaks into slices; season with salt, as desired. Serve with salsa.

Makes 4 servings.

***Cook's Tip:** Two beef top loin (strip) steaks, cut 1 inch thick, may be substituted for shoulder center steaks. Cook 12 to 15 minutes, turning occasionally.*

***Nutrition information per serving, using shoulder center:** 255 calories; 14 g fat (3 g saturated fat; 8 g monounsaturated fat); 65 mg cholesterol; 199 mg sodium; 8 g carbohydrate; 3.7 g fiber; 24 g protein; 5.4 mg niacin; 0.6 mg vitamin B₆; 4.2 mcg vitamin B₁₂; 3.0 mg iron; 35.5 mcg selenium; 6.4 mg zinc.*

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

***Nutrition information per serving, using top loin:** 261 calories; 14 g fat (3 g saturated fat; 7 g monounsaturated fat); 56 mg cholesterol; 200 mg sodium; 8 g carbohydrate; 3.7 g fiber; 26 g protein; 8.0 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.2 mg iron; 29.0 mcg selenium; 4.9 mg zinc.*

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