

GRILLED SKIRT STEAK WITH CREAMY CITRUS SAUCE

Total preparation and cooking time: 25 to 30 minutes

Marinating time: 6 hours or overnight

- 1 beef skirt steak (1 to 1-1/2 pounds), cut into 4 to 6-inch portions**
- 1/2 cup fresh orange juice**
- 1/3 cup finely chopped fresh cilantro**
- 2 tablespoons dried Mexican seasoning, crushed**
- 3/4 cup dairy sour cream**
- 2 tablespoons finely chopped green onion**
- Salt and pepper**

1. Combine orange juice, cilantro and Mexican seasoning in small bowl. Place beef steak and 1/3 cup orange juice mixture 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. Combine remaining orange juice mixture with sour cream and green onion. Cover and refrigerate until ready to serve. (May be refrigerated as long as overnight.)
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 10 to 13 minutes for medium rare to medium doneness, turning occasionally.
4. Carve steak diagonally across the grain into thin slices; season with salt and pepper, as desired. Serve with citrus sauce.

Makes 4 to 6 servings.

Cook's Tip: *To prepare on gas grill, preheat grill according to manufacturer's directions for medium heat. Grill, covered, 8 to 12 minutes for medium rare to medium doneness, turning occasionally.*

Nutrition information per serving (1/4 of recipe): 299 calories; 20 g fat (10 g saturated fat; 6 g monounsaturated fat); 79 mg cholesterol; 174 mg sodium; 4 g carbohydrate; 0.2 g fiber; 22 g protein; 3.8 mg niacin; 0.4 mg vitamin B₆; 3.7 mcg vitamin B₁₂; 2.4 mg iron; 15.9 mcg selenium; 4.9 mg zinc.

Nutrition information per serving (1/6 of recipe): 266 calories; 17 g fat (8 g saturated fat; 6 g monounsaturated fat); 69 mg cholesterol; 143 mg sodium; 3 g carbohydrate; 0.1 g fiber; 22 g protein; 3.7 mg niacin; 0.4 mg vitamin B₆; 3.7 mcg vitamin B₁₂; 2.3 mg iron; 15.9 mcg selenium; 4.9 mg zinc.

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