

MEXICAN-STYLE MILANESA WITH SMOKY CORN RELISH

Total preparation and cooking time: 25 to 30 minutes

4 beef cubed steaks (about 4 ounces each)
**1 canned chipotle pepper in adobo sauce,
minced, plus 1 tablespoon adobo sauce**
**1 can (11 ounces) Mexican-style or regular corn,
drained**
1 egg
1 cup finely crushed tortilla chips
4 teaspoons vegetable oil, divided

1. Combine corn, chipotle pepper and 1/4 teaspoon salt in medium bowl. Set aside.
2. Beat egg, 1 tablespoon water and adobo sauce in shallow dish until blended. Place tortilla chips in second shallow dish. Dip each beef steak into egg mixture, then into tortilla chips to coat both sides.
3. Heat 1 teaspoon oil in large nonstick skillet over medium to medium-high heat until hot. Place 2 steaks in skillet; cook 5 to 6 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning once and adding another 1 teaspoon oil to skillet after turning steaks. Remove steaks; keep warm. Repeat with remaining 2 teaspoons oil and steaks. Top each steak evenly with Smoky Corn Relish.

Makes 4 servings.

Cook's Tip: *Smoky Corn Relish can also be served warmed. Combine corn, chipotle pepper and 1/4 teaspoon salt in medium saucepan. Heat over medium-high heat until hot, stirring occasionally. Keep warm until ready to serve.*

Cook's Tip: *One and one-half cups defrosted frozen corn may be substituted for canned corn.*

Nutrition information per serving: 419 calories; 21 g fat (5 g saturated fat; 7 g monounsaturated fat); 126 mg cholesterol; 361 mg sodium; 29 g carbohydrate; 3.0 g fiber; 31 g protein; 4.5 mg niacin; 0.4 mg vitamin B₆; 2.5 mcg vitamin B₁₂; 3.9 mg iron; 24.2 mcg selenium; 6.8 mg zinc.

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