



## Chipotle-Lime T-Bone Steak

**Prep: 10 minutes plus marinating**

**Grill: 20 minutes • Serves: 4**

- 2 garlic cloves
- 1 chipotle chile pepper in adobo sauce
- $\frac{3}{4}$  cup fresh lime juice
- $\frac{1}{4}$  cup packed fresh cilantro leaves
- 2 tablespoons olive oil
- 1 tablespoon packed brown sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon ground cumin
- 1 T-bone steak (about 1½ pounds)
- 2 (6-inch) wooden skewers
- 2 (½-inch thick) slices red onion
- 2 Roma tomatoes, halved lengthwise
- Nonstick cooking spray

**1.** In blender, purée garlic, chipotle, lime juice, cilantro, oil, sugar,  $\frac{1}{2}$  teaspoon each salt and black pepper, and cumin. Makes about  $1\frac{1}{4}$  cups marinade.

**2.** Reserve  $\frac{3}{4}$  cup marinade. Place steak in large zip-top plastic bag; pour remaining marinade over steak. Seal bag, pressing out any excess air; refrigerate at least 30 minutes or up to 8 hours.

**3.** Remove steak from marinade; discard marinade. Pat steak dry with paper towel; sprinkle with remaining  $\frac{1}{4}$  teaspoon each salt and pepper. Let stand at room temperature 30 minutes; soak skewers in water for 20 minutes.

**4.** Prepare outdoor grill for direct grilling over medium-high heat. Place steak on hot grill rack; cover and cook 10 minutes or until internal temperature reaches 140° for medium-rare, turning once. Transfer steak to cutting board; tent with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.)

**5.** Thread onion slices onto skewers; spray onion and tomatoes with nonstick cooking spray. Place onion skewers and tomatoes on hot grill rack; cover and cook 7 minutes or until grill marks appear, turning once.

**6.** Remove bone from steak; slice against the grain. Separate onion slices and chop tomatoes; serve steak with onion, tomatoes and reserved marinade for dipping

*Approximate nutritional values per serving:*

*408 Calories, 29g Fat (9g Saturated), 74mg Cholesterol, 501mg Sodium, 11g Carbohydrates, 1g Fiber, 28g Protein*