

Southwest Steak Wraps



Where service *and savings* matter.



SERVINGS: 4

INGREDIENTS:

- 3 thin cut skirt steaks (4-6 oz each)
- 1 Tbsp Food Club Canola Oil
- 1 ¼ tsp Emeril's Southwest Essence seasoning
- ¼ tsp granulated garlic
- ¼ tsp powdered ginger
- ½ tsp salt
- 8 Mission Multi-Grain Flour Tortillas

NUTRITIONALS

Nutritional analysis per serving:
calories 530, calories from fat 270,
total fat 30g, saturated fat 8g,
cholesterol 55mg, sodium 1010mg,
total carbohydrate 51g, dietary
fiber 9g, sugars 3g, protein 28g,
vitamin A 15%, vitamin C 40%,
calcium 6%, iron 25%

- Salsa: Double the recipe if you like a lot of salsa on your wraps.
- 1 ripe avocado
 - 1 medium ripe tomato or a dozen cherry tomatoes, chopped
 - ½ small red onion, minced
 - 2 cloves fresh garlic
 - ¼-½ cup fresh basil leaves
 - 1 Tbsp olive oil
 - 1 lime
 - ½ tsp salt

DIRECTIONS:

Wash the steaks, pat dry. Drizzle with oil, then rub with southwest essence seasoning, granulated garlic, and powdered ginger. Wrap up in Saran and refrigerate for 20 minutes while making the salsa and starting the grill. You can also cook the steaks in a hot pan on the stove-top for an even quicker dinner.

Finely mince the fresh garlic and thinly slice the basil leaves. Place in a bowl big enough to hold the tomato, onion and avocado. Sprinkle with salt, add olive oil and juice of one lime, stirring well. Add tomato and stir firmly again to marry the flavors. Add cubed ripe avocado and stir again-gently this time. Cover with saran wrap and set aside until steaks are done.

Sprinkle the steaks with salt, then cook over high heat on the grill or in a pan on medium-high heat for 6-8 minutes. Warm corn or flour tortillas in the oven or microwave. Cut the steaks in thin strips and divide between 8 wraps, top with salsa, roll and eat.

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★ Southwest Steak Wraps ★ Shopping List

PRODUCE:

- 1 ripe avocado
- 2 cloves garlic
- 1 medium ripe tomato or a dozen cherry tomatoes
- 1 small red onion
- ¼-1/2 cup fresh basil leaves
- 1 lime

MEAT/POULTRY/SEAFOOD:

- 3 thin cut skirt steaks (4-6 oz each)

WHOLE GRAINS/ BREADS/ PASTA:

- 8 Mission Multi-Grain Flour Tortillas

SPICES/SEASONINGS:

- Emeril's Southwest Essence seasoning
- Granulated garlic
- Powdered ginger
- Salt

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club Canola Oil
- Olive Oil

FOLD