



Grilled Steak Burrito Bowls



Marinade:

1/4 cup olive oil
1/4 cup reduced sodium soy sauce
1/4 cup lime juice
1/4 cup chopped cilantro leaves
2 Tablespoons sugar
2 Tablespoons apple cider vinegar
1 garlic clove, minced
1 teaspoon ground cumin
1/2 teaspoon black pepper

1 lb. beef sirloin
1 bell pepper, sliced
1/2 onion, sliced
1 Tablespoon olive oil
2 ears sweet corn, cooked and cut off cob
2 cups chopped romaine lettuce
1 cup brown rice, cooked
1/2 cup salsa
1 avocado, sliced

Instructions: In a medium bowl, whisk all ingredients for the marinade. Place steak in a sealable plastic bag and pour marinade over steak. Seal and refrigerate for at least 4 hours. Heat grill to medium heat. Place peppers and onions on aluminum foil; drizzle with oil and wrap with foil. Grill, turning over once, for 10-15 minutes. Place meat on grill, discarding leftover marinade, and cook 5-7 minutes per side. Let cool and slice into thin strips. To assemble, divide into 4 bowls: steak, peppers and onions, corn, lettuce, rice, salsa and avocado.

Yield: 4 servings

Nutrition Facts (per serving): 510 calories, 27 grams fat, 880 milligrams sodium, 38 grams carbohydrate, 6 grams fiber, 32 grams protein