



Jerk Sirloin Steak with Pineapple-Pepper Salad

Prep: 20 minutes plus marinating

Grill: 16 minutes • Serves: 4

- 3 tablespoons fresh lime juice
- 2 tablespoons canola or vegetable oil
- 2 tablespoons jerk seasoning
- 1 boneless top sirloin or flat iron steak (about 1¼ pounds)
- ½ medium red bell pepper, sliced
- ¼ small red onion, sliced
- 2 cups chopped fresh pineapple
- ¾ teaspoon fresh ground black pepper
- ¼ teaspoon finely chopped habanero chili pepper
- Cilantro sprigs for garnish (optional)

1. In small bowl, stir 2 tablespoons lime juice, oil and jerk seasoning. Place steak in large zip-top plastic bag; pour lime juice mixture into bag. Seal bag, pressing out excess air; refrigerate at least 4 hours up to overnight.

2. Prepare outdoor grill for direct grilling over medium-high heat. In medium bowl, toss bell pepper, onion, pineapple, black pepper, habanero and remaining 1 tablespoon lime juice until combined.

3. Place steak on hot grill rack; cook 8 minutes or until outside is browned, turning once. Reduce heat to medium; cook steak 8 minutes longer or until internal temperature reaches 140°F for medium-rare. Transfer steak to cutting board; loosely cover with aluminum foil and let stand 5 minutes. (Internal temperature will rise 5 to 10° upon standing.)

4. To serve, thinly slice steak across the grain; serve with Pineapple-Pepper Salad garnished with cilantro, if desired.

Approximate nutritional values per serving:

354 Calories, 21g Fat (6g Saturated), 95mg Cholesterol, 409mg Sodium, 13g Carbohydrates, 2g Fiber, 29g Protein

Helpful tips:

> Boneless top sirloin is a great choice for lean protein, which has lower fat and calorie content!

> 1 teaspoon finely chopped jalapeño pepper can be substituted for the habanero chili pepper.