

PREPARATION: **30** MINUTES

MARINATE: **2-24** HOURS

COOKING: **20** MINUTES

4 SERVINGS

STEAK FAJITA SALAD



INGREDIENTS

1 pound (454g) striploin steak

SPICE RUB

1 tablespoon olive oil

½ teaspoon garlic powder

½ teaspoon chili powder

SALAD

½ cup long grain rice, dry

**½ cup frozen corn kernels,
thawed**

1 tablespoon olive oil

½ cup red pepper, julienned

½ cup green pepper, julienned

½ cup yellow onion, sliced

**4 cups iceberg lettuce,
washed and torn**

DRESSING

**¼ cup green onion,
chopped**

**½ cup cilantro leaves,
washed**

**1 teaspoon garlic,
minced**

**2 tablespoons lemon
juice**

**¼ cup extra virgin
olive oil**

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

4 Protein + 2 Starch + 1 Vegetable

Calories **420Kcal**

Protein **28g**

Carbohydrates **30g**

Fibre **2g**

Total Fat **20g**

Saturated Fat **5g**

Cholesterol **55mg**

Sodium **68mg**

Potassium **546mg**

Phosphorus **276mg**

PREPARATION

- 1** Rub the steak with the oil, garlic and chili powder. Marinate in the refrigerator for a minimum of two hours or overnight.
- 2** In a skillet over medium-high heat,* cook the steak to your desired doneness. Reserve at room temperature. Slice into thin strips.
- 3** In a saucepan, cook rice according to instructions. Once cooked, combine with the corn and keep at room temperature.
- 4** In a skillet over medium-high heat, sauté the peppers and onions in olive oil. Remove from heat and reserve.
- 5** To prepare the dressing, combine all dressing ingredients in a food processor.
- 6** To assemble the salad, toss the lettuce with the cilantro dressing and divide into four bowls. Top with rice, beans, peppers, onions, and steak.

* you can also use the barbecue