

# STEAK FAJITA SALAD

## INGREDIENTS

*1 lb 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, cut into short thin strips*

*½ cup green pepper, cut into short thin strips*

*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*

## 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. (You can also use the grill.)
- 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.



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## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	2 Meat + 2 Starch + 1 Lower-Potassium Vegetable + 2 Fat
Calories	487
Protein	18g
Total Carbohydrate	20g
Fiber	2g
Sugars	3g
Fat	20g
Saturated	4g
Cholesterol	41mg
Sodium	50mg
Potassium	424mg
Phosphorus	182mg
Calcium	23mg
Iron	2mg
Magnesium	30mg
Vitamin C	31mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK ✓

### Enjoy low-potassium vegetables

Eating vegetables every day is a very important part of a healthy diet. Vegetables add fiber and vitamins as well as antioxidants that can help protect your body's cells and possibly prevent certain diseases. They are also rich in many minerals. One such mineral is potassium.

Potassium is a mineral that can be harmful if you eat more than your kidneys can handle. When this occurs, the potassium level in your blood can increase to a very high level and become dangerous. Fortunately, there are a number of vegetables that are lower in potassium. If you have chronic kidney disease and your doctor has told you to limit your potassium intake, these are vegetables that you can eat on a daily basis.

**Lower-potassium vegetables include asparagus, cabbage, carrots, corn, cucumber, lighter-colored lettuces, onions and radishes.** Typically, vegetables are considered to be a “free food,” meaning you can eat as many vegetables as you want every day. Even though many vegetables are lower in potassium, it is important to be mindful of the portion size. Ask your dietitian how much of these foods you should eat every day to improve your health while avoiding too much potassium in your diet.

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