
Mojo Rib-Eye Steaks

Summer Cookout Cookbook

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TIPS AND TRICKS

** Bring your meat to room temperature about 30 minutes before grilling. Pat dry.

** Use a thermometer to check for doneness. For medium-rare meat, cook until 130 degrees.

** After grilling, let the steak rest for 5 to 10 minutes before slicing so the juices redistribute.

MARINADE

juice of two oranges

juice of one lime

1 tablespoon chopped oregano

1 tablespoon chopped garlic

1/2 teaspoon Kosher salt

STEAK

4 (one-inch thick) bone-in rib-eye steaks

salt

pepper

orange wedges (for garnish)

In a bowl, whisk the orange juice, lime juice, oregano, garlic and Kosher salt.

Marinate the steaks in the marinade for 20 minutes. Remove the steaks from the marinade, letting the excess drip off.

Season the steaks with salt and pepper.

Grill on oiled grates over medium-high heat for 5 to 6 minutes per side for medium-rare. Place the orange wedges on the grill to char for garnish.

Yield: 4 steaks

Beef, Grilled

Per Serving (excluding unknown items): 13 Calories; trace Fat (2.0% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 941mg Sodium. Exchanges: 1/2 Vegetable.