

STEAK SANDWICH WITH CHIMICHURRI

INGREDIENTS

Chimichurri

¼ cup parsley leaves

¼ cup cilantro leaves

¼ teaspoon dry oregano

pinch of dry chili flakes

1 garlic clove

1 ½ teaspoon lemon juice

1 tablespoon red wine vinegar

½ cup olive oil

Sandwich

1 lb strip steak

1 cup red and orange peppers, sliced

1 cup red onions, sliced

1 tablespoon olive oil

4 ciabatta buns, sliced in half lengthwise

PREPARATION

- 1** To prepare the Chimichurri, combine all ingredients in a blender or food processor and purée. Reserve half of the mixture for the steak marinade and the other half to drizzle on the sandwiches.
- 2** Marinate the steaks for at least one hour in refrigerator. Steaks may marinate for up to 24 hours.
- 3** In a skillet over medium-high heat, sauté the peppers and onions in olive oil until the onions become translucent and the peppers begin to soften. Set aside.
- 4** Preheat your grill. Cook steaks until they reach an internal temperature of 145°F. Allow to rest at room temperature for 10 minutes before slicing.
- 5** Toast ciabatta buns.
- 6** Slice steak into thin strips.
- 7** To assemble the sandwiches, evenly place the thinly sliced steak over the toasted ciabatta buns. Drizzle with chimichurri and top with the peppers and onions.

SUGGESTIONS

- ✓ *The Chimichurri marinade can be used with any cut of meat.*
- ✓ *This colorful sauce from the Argentinian cuisine doubles as a marinade and as a sauce to accompany all cuts of beef. It can be prepared in advance and frozen in ice cube trays. Once the cubes are frozen, put cubes in a freezer bag and keep in freezer for later use.*



STEAK SANDWICH WITH CHIMICHURRI



Nutrient Analysis

PER SERVING

¾ of recipe

Renal/Diabetic exchanges:

4 Meat + 2 Starch
+ ½ Lower-Potassium Vegetable

| | |
|--------------------|---------|
| Calories | 486Kcal |
| Protein | 32g |
| Total Carbohydrate | 35g |
| Fiber | 2g |
| Sugars | 2g |
| Fat | 24g |
| Saturated | 4g |
| Cholesterol | 63mg |
| Sodium | 388mg |
| Potassium | 598mg |
| Phosphorus | 307mg |
| Calcium | 37mg |
| Iron | 5mg |
| Magnesium | 47mg |
| Vitamin C | 39mg |

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

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

POTASSIUM CHECK ✓

Use of marinades to add flavor without salt

Lowering sodium intake is a key element of the chronic kidney disease diet. To do so, one is often advised to reduce or eliminate salt in your daily diet. This can cause foods to taste a lot different than you are normally used to. Without salt, food may taste bland, but don't despair! Using herbs, spices and citrus to make homemade marinades is an easy way to add flavor without the salt or other high-sodium seasonings.

Marinades typically contain three basic ingredients—oil to maintain the moisture of the food and to hold together the spices; an acid such as vinegar, lemon juice or other citrus to tenderize and herbs and spices to add flavor. Making your own marinade is a good idea because store-bought marinades are often high in sodium and potassium.

Add meats and/or vegetables to a marinade and put them in the refrigerator until the food is ready to be cooked. The longer the food soaks in the marinade, the more flavor the food will absorb.

Marinate food in a glass or plastic container, not metal as the acid in the marinade can interact with the metal. Remove food from the container and toss the leftover marinade to avoid cross contamination that can lead to food poisoning. If you would like to add a marinade to the cooked food, plan ahead and set aside some marinade that has not had any fresh meat added to it for this purpose.

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