Cinnamon Chile Crusted Steak

Who says you can’t have red meat occasionally as part of a balanced diet? This steak is lean, mean and full of flavor with an exciting assortment of spices. This works well cooked inside on the stove or outside on your grill. Serve with your favorite grilled fruit or vegetables.

Ingredients:
- 1 teaspoon cinnamon
- 1 teaspoon oregano leaves
- ¼ teaspoon ground cumin
- ½ teaspoon ground ancho chile pepper *
- ¼ teaspoon ground chipotle chile pepper*
- ½ teaspoon parsley flakes
- ¼ teaspoon coarsely ground black pepper
- ¾ teaspoon salt
- ½ - 1 tablespoon olive oil
- 2 pounds New York Strip or Rib-Eye Steaks (1-inch thick)

Directions:
2. Mix seasonings together in a small bowl. Add oil to mixture to create a paste.
3. Coat steaks evenly with seasoning mixture. Let stand at room temperature for 10-15 minutes.
4. Grill over medium high heat 6 to 7 minutes per side, or until desired doneness is reached.
5. Let stand for 5 minutes before serving.

*If you cannot find different types of chili powder, you can use regular chili powder in place of both, or add a little cayenne for more heat.

Serving Size: about 4 ounces
Yield: 8 servings

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<th>Nutrition Information / Amount per serving:</th>
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