

Caribbean Ribeye Steaks with Grilled Pineapple Salad

Total Recipe Time: 25 to 35 minutes

2 beef Ribeye Steaks Boneless, cut 1 inch thick (about 12 ounces each)
3 tablespoons chopped fresh cilantro, divided
2 teaspoons ground cumin
1/4 to 1/2 teaspoon ground red pepper
4 fresh pineapple slices, cut 1/2 inch thick
1 medium red bell pepper, cut in half lengthwise
1 medium lime
Salt



1. Combine 2 tablespoons cilantro, cumin and ground red pepper, as desired; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals; arrange pineapple slices and bell pepper halves around steaks. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill pineapple 8 minutes or until heated through, turning once. Grill bell pepper 6 to 8 minutes or until tender, turning occasionally.
3. Meanwhile, grate 2 teaspoons peel and squeeze juice from lime. Set aside.
4. Chop pineapple and bell pepper into 1-inch pieces. Combine remaining 1 tablespoon cilantro, 2 teaspoons lime peel and lime juice in medium bowl; stir in pineapple and bell pepper. Season with salt, as desired. Carve steaks into slices; season with salt, as desired. Serve with salad.

Makes 4 servings

Cook's Tip: Four to six canned pineapple slices may be substituted for fresh pineapple.

Nutrition information per serving: 231 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 89 mg cholesterol; 63 mg sodium; 11 g carbohydrate; 2 g fiber; 29 g protein; 12.1 mg niacin; 0.8 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 2.5 mg iron; 34 mcg selenium; 5.4 mg zinc; 5.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

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