



Carne Asada Tacos with Mango Salsa

Prep: 10 minutes

Cook: 8 minutes • Serves: 3

Carne Asada

- 1 chipotle pepper in adobo sauce
- ½ cup orange juice
- 1 tablespoon lime juice
- 2 tablespoons grapeseed or canola oil
- 1 tablespoon soy sauce
- 2 tablespoons cilantro leaves
- 1 tablespoon honey
- ½ teaspoon chili powder
- 1 pound flank or skirt steak, fat trimmed
- 1 teaspoon kosher salt

Mango Salsa

- 1 large mango (about 1 cup), diced
- ¼ cup red onion, minced
- 1 jalapeño pepper, seeds removed and minced
- 2 tablespoons lime juice
- 1 tablespoon cilantro, chopped
- ¼ teaspoon chili powder

Additional Ingredient

- 6 (6-inch) whole wheat tortillas for serving

1. Carne Asada: In a blender, combine chipotle pepper, orange juice, lime juice, oil, soy sauce, cilantro, honey and chili powder to make marinade. Place steak in a rimmed baking dish and pour marinade over. Cover and refrigerate for at least 3 hours or overnight.

2. Preheat a charcoal or gas grill to medium-high. Remove the steak from the marinade, season with salt and grill for 4 minutes a side. Transfer to a cutting board and rest for 5 to 10 minutes.

3. Mango Salsa: Combine all ingredients in a bowl and stir. Refrigerate until ready to serve.

4. To Assemble: Place tortillas on a baking sheet and toast both sides under broiler until lightly golden. Slice steak into thin strips. Serve on tortillas with mango salsa.

Dietitian's Dish

> Preparing fresh mango is simple when you work around the pit following these 3 steps. For more recipe ideas, go to [Mango.org](https://www.mango.org)