



This avocado chipotle salsa is excellent paired with steak but you'll enjoy it with tortilla chips too. Also, leaving the stone in the salsa while it chills before serving will help the avocado keep its lovely golden and green colors.

I find this the easiest way to dice an avocado:

- *Start by cutting avocado in half, around the stone.*
- *Remove stone, set aside, cut avocado horizontally then vertically.*
- *Carefully use spoon to scoop out avocado pieces.*



Serves 4

Ingredients

For The Steaks

4 8oz sirloin steaks about 1 inch thick (sirloin is a nice lean steak with good flavor)

1 tsp garlic powder

1 tsp olive oil

salt and pepper to taste

For The Avocado Salsa

2 avocados peeled and diced

1/2 cup diced fresh tomatoes

1 lemon juice and zest

2 garlic cloves minced

1 tbsp chopped fresh basil

1 tsp minced chipotle chili, canned in adobo sauce (you may add some of the sauce to make it extra spicy)

salt and pepper to taste

Method

Pre heat broiler to high. Pat dry steaks with paper towels, then brush with oil, season with garlic powder, salt and pepper. Place seasoned steaks on foiled broiler pan for easy clean up.

Broil steaks for five minutes on each side. Then transfer to oven and cook another three to five minutes for medium doneness. Allow steaks to rest five minutes before serving.

In a small bowl combine all of salsa ingredients. Stir lightly to combine, taking care not to break up the diced avocado. Chill until ready to serve over steaks with whole grain rice and seasonal vegetables of your choice.