

## 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 B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 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 B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.

Recipe Photo Options

[Low Resolution jpg](#)

[High Resolution tif](#)