

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Steak Dry Rub with Avocado Salsa

From [www.everydaypaleo.com](http://www.everydaypaleo.com)

### Steak Dry Rub

1/4 cup smoked paprika

3 tablespoons cumin

1/4 cup chili powder

2 tablespoons Mexican oregano

1 teaspoon fresh ground pepper

Sea salt to taste

Olive oil brushed onto outside of steak

Mix all dry rub ingredients together in a large bowl. Place each steak directly into the dry rub mixture and make sure each side is well coated, rubbing the dry rub into the steak. Let the steaks sit for at least 30 minutes. Coat each side with a bit of olive oil before the steaks hit the grill. We used top sirloin but this dry rub is great on rib eyes and flank steak too.

### Avocado Salsa

4 avocados, diced

3 Roma tomatoes, diced

1/2 red onions, minced

2 tablespoons lemon juice

Sea salt and black pepper to taste

Mix all ingredients together and serve on top of your steaks.