

Summertime Steak Salad

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Grilled steak plus a salad is a summertime favorite. Here's a quick new idea for you to try: steak salad! Without reading the recipe, you'd never guess the rich-tasting dressing provides only 1/2 teaspoon of olive oil per person. The shoulder cut used in this salad is one of 29 cuts of lean beef that meet government guidelines for "lean."

Total preparation and cooking time: 30 minutes • Marinating time: 6 hours or overnight • Makes 4 servings

Recipe as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons; authored by Chef Richard Chamberlain and Betsy Hornick, MS, RD and reproduced with permission.

- 1 beef shoulder steak, cut 1 inch thick (about 1 pound)
- 1 can (5 1/2 ounces) spicy 100% vegetable juice

Spicy Tomato Dressing

- 1 can (5 1/2 ounces) spicy 100% vegetable juice
- 1/2 cup chopped tomato
- 1/4 cup finely chopped green bell pepper
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons olive oil
- 1 clove garlic, minced



- 8 cups mixed greens or 1 package (10 ounces) romaine and leaf lettuce mixture
- 1 cup baby pear or grape tomatoes, halved
- 1 cup cucumber, cut in half lengthwise, then into thin slices
- 1 cup chopped green bell pepper
- Salt and black pepper, as desired
- Crunchy Tortilla Strips (recipe follows)

1. Place beef steak and 1 can vegetable juice in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Whisk Spicy Tomato Dressing ingredients in small bowl until blended; refrigerate. Combine lettuce, baby pear tomatoes, cucumber, and green bell pepper; refrigerate.
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill steak, uncovered, 16 to 20 minutes for medium-rare to medium doneness, turning occasionally. Carve steak into thin slices. Season with salt and pepper, as desired.
4. Meanwhile, prepare Crunchy Tortilla Strips. Add steak to salad mixture. Drizzle with dressing and top with tortilla strips.

Crunchy Tortilla Strips

1. Cut 2 corn tortillas in half, then crosswise into 1/4-inch-wide strips. Place strips in single layer on baking sheet. Spray tortilla strips lightly with nonstick cooking spray. Bake 4 to 8 minutes at 400 degrees F or until crisp.

Nutrition information per serving: Calories: 242; Fat: 9 g; Saturated fat: 2 g; Monounsaturated fat: 4 g; Cholesterol: 60 mg; Sodium: 239 mg; Carbohydrate: 16 g; Fiber 4.0 g; Protein: 25 g; Niacin: 3.9 mg; Vitamin B-6: 0.5 mg; Vitamin B-12: 2.6 mcg; Iron: 4.2 mg; Selenium: 26.7 mcg; Zinc: 5.9 mg. This recipe is an excellent source of protein, niacin, vitamin B-6, vitamin B-12, iron, selenium, and zinc, and a good source of fiber.

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