

July 2016 TV Recipes—Steak Salads

Southwestern Steak Salad with Jalapeno Ranch Dressing

Total Recipe Time: Under 30 Minutes

Makes 4 servings.

- 1 pound Top Sirloin Steak, 1-inch thick
- 1 packet taco seasoning (1.25 ounce)
- 1 head romaine lettuce
- 2 roma tomatoes, diced
- 2 ears sweet corn
- 1 avocado, sliced
- 1/2 red onion, diced
- 1 cup black beans

Jalapeno Ranch Dressing:

- 1 clove garlic
- 1/4 cup flat leaf parsley
- 1/4 teaspoon kosher salt
- 2 tablespoons fresh chives
- 1/4 cup pickled jalapeños
- 1/2 cup buttermilk



1. To make dressing, add garlic to a blender and chop. Add the rest of the dressing ingredients and blend until smooth, scraping down the sides intermittently to make sure it is well combined.
2. Rub the taco seasoning into both sides of the steak and remove husk from the corn. Place steak and corn in center of grid over medium, ash-covered coals. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Roll corn as needed; corn will turn bright yellow and char. Tent the steak with aluminum foil and let rest for 10 minutes.
3. Slice the steak into thin slices and cut the corn from the cob. Combine with the rest of the salad ingredients and top with salad dressing to taste. Enjoy! Recipe courtesy of WineandGlue.com.

Soba Noodle Steak Salad

Total Recipe Time: Under 30 Minutes

Makes 4 servings.

- 1 pound Top Sirloin Steak, 1-inch thick
- 8 cups baby spinach, washed
- 2 medium carrots, peeled and sliced thin
- 4 scallions, sliced at an angle
- 2 cups red cabbage
- 1 tablespoon black sesame seeds (optional)
- 2 ounces soba noodles, dry, cooked to package instructions and rinsed with cold water



Marinade:

- 1/2 cup creamy peanut butter, softened
- 1/3 cup soy sauce
- 1/3 cup rice vinegar
- 1 tablespoon sesame oil

Vinaigrette:

- 1/2 cup extra virgin olive oil
- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1/2 teaspoon sesame oil
- 2 garlic cloves, minced

1. Combine the marinade ingredients. Pour into a sealable gallon bag and add the steak. Refrigerate for 15 minutes to 2 hours, turning once.
2. Remove the steak from the marinade (and discard marinade) and pat dry, removing any excess marinade. Place steak in center of grid over medium, ash-covered coals. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Let the steak rest for 10 minutes.
3. While your steak is resting, mix together the dressing ingredients in a mason jar. Shake to fully combine.
4. Slice the steak against the grain into thin pieces. Divide the spinach, noodles, steak, carrots, scallions and red cabbage among four salad bowls; top with sesame seeds and vinaigrette. Serve and enjoy!!

Recipe courtesy of WineandGlue.com.

Farmer's Market Steak Salad

Total Recipe Time: 30 to 35 minutes

Makes 4 servings

- 12 ounces grilled beef steak, cut into slices
- 3 cups cooked brown rice OR quinoa
- 2 cups grilled asparagus pieces
- 1 cup grilled yellow squash, cut lengthwise in half, then crosswise into 1/4-inch thick slices
- 1 cup diced, seeded tomatoes
- 1 cup canned drained cannellini or great Northern beans
- 1/4 cup fresh basil, thinly sliced
- 1/4 cup white wine or balsamic vinaigrette
- Salt and pepper



1. Combine rice, asparagus, squash, tomatoes, beans and basil in large bowl. Drizzle with dressing and toss to combine.
2. Top rice mixture with beef slices. Season with salt and pepper to taste.

Recipe adapted from and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons

Cook's Tip: To prepare asparagus on grill, preheat charcoal or gas grill according to manufacturer's directions for medium heat. Toss 1 pound asparagus with oil. Place asparagus in center of grid over medium, ash-covered coals. Grill asparagus, uncovered, 6 to 10 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) or until crisp-tender, turning occasionally. When cool enough to handle, cut asparagus into pieces.

Cook's Tip: To prepare yellow squash on grill, preheat grill according to manufacturer's directions for medium heat. Cut squash in half lengthwise, brush with oil. Place squash halves in center of grid over medium, ash-covered coals. Grill squash, uncovered, 8 to 12 minutes (over medium heat on preheated gas grill, covered, 7 to 11 minutes) or until crisp-tender, turning occasionally. When cool enough to handle, cut squash into 1/4-inch thick slices.

Nutrition information per serving, using top sirloin steak: 415 calories; 7 g fat (2 g saturated fat; 2 g monounsaturated fat); 49 mg cholesterol; 426 mg sodium; 53 g carbohydrate; 7 g fiber; 35 g protein; 10.8 mg niacin; 0.9 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 4.9 mg iron; 46.4 mcg selenium; 6.3 mg zinc. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Grilled Steak & Berry Salad with Goat Cheese

Total Recipe Time: 25-30 minutes

Makes 4 servings

- 1 pound Top Sirloin Steak, 1-inch thick
- 4 romaine lettuce hearts, cut in half
- Kosher salt and black pepper
- 12 ounces blueberries, washed
- 16 ounces strawberries, washed, stemmed and sliced
- 1/2 cup **Balsamic Glaze**
- 4 ounces goat cheese, crumbled
- Olive oil



1. Season steak with salt and pepper on both sides. Place steak in center of grid over medium, ash-covered coals. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steak from grill, tent with foil and let rest for 10 minutes.
2. Rub the cut sides of the lettuce hearts with olive oil and season with salt and pepper. Grill romaine, cut-side down, for 2 to 3 minutes per side, or until charred and leaves begin to wilt.
3. To serve, place the romaine hearts, cut-side up on a plate and top with berries, steak slices, crumbled goat cheese and drizzle with Balsamic Glaze.

Cook's tip: To make **Balsamic Glaze**, add 1-cup balsamic vinegar and 2 teaspoons brown sugar to a small saucepan and bring to a boil. Reduce to a very low simmer and cook for 10-15 minutes, until liquid is reduced by about half and is slightly syrupy. Remove from heat; set aside to cool and thicken.

Grilled Flank Steak and Peach Salad

Total Recipe Time: 25 to 30 minutes

Makes 6 to 8 servings.

- 1 beef Flank Steak (about 1-1/2 to 2 pounds)
- 4 peaches peeled, sliced
- 4 plum tomatoes, cut into wedges
- 4 romaine lettuce hearts, cut in half

Marinade:

- 1/2 cup fresh lime juice
- 1/4 cup orange marmalade
- 1/4 cup olive oil
- 3 tablespoons minced jalapeño pepper
- 1 teaspoon salt



1. Combine marinade ingredients in small bowl. Place steak and 1/2 cup marinade in a food-safe plastic bag; turn steak to coat. Close bag securely; turn steak to coat. Marinate steak in refrigerator 12 hours or overnight. Cover and reserve remaining marinade in refrigerator.
2. Remove steak from marinade; discard marinade. Place steak in center of grid over medium, ash-covered coals. Grill steak, covered, 16 to 21 minutes (over medium heat on preheated gas grill, 11 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, arrange peaches, tomatoes and lettuce on grid around steak. Grill peaches 2 to 4 minutes, tomatoes and lettuce hearts 2 to 3 minutes, turning once.
4. Carve steak across the grain into slices. Cut lettuce into small pieces. Combine lettuce and reserved marinade in large bowl; toss to coat. Divide lettuce evenly among 4 serving plates. Arrange beef slices, peaches and tomatoes over lettuce.

Beef "California Roll" Salad

Total Recipe Time: 35 to 40 minutes

Marinade Time: 15 minutes to 2 hours

Makes 6 servings

- 3 beef Strip Steaks, cut ¾-inch thick (about 8 ounces each)

Marinade:

- 1/3 cup hoisin sauce
- 1/4 cup pomegranate juice
- 2 tablespoons minced garlic
- 2 tablespoons minced fresh ginger
- 1 tablespoon sesame oil
- 1/2 teaspoon pepper



Wasabi Cucumbers:

- 2 teaspoons wasabi paste
- 1 teaspoon pomegranate juice
- 1 English cucumber, thinly sliced

Gingered Carrots:

- 1 tablespoon mayonnaise
- 1-1/2 teaspoons minced fresh ginger
- 2 cups packaged matchstick carrots

Garnish: 1 tablespoon toasted sesame seeds, 1 medium avocado, diced, 1/2 cup fresh pomegranate seeds

1. Combine Marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Prepare Wasabi Cucumbers. Combine wasabi paste and pomegranate juice in medium bowl. Add cucumbers; toss to coat. Set aside; refrigerate until ready to serve.
3. Prepare Gingered Carrots. Combine mayonnaise and ginger in another medium bowl. Add carrots; toss to coat. Set aside; refrigerate until ready to serve.
4. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 10 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
5. Carve steaks into thin slices. Place cucumbers and carrots side by side on plate; top with beef. Top with avocado and pomegranate seeds; sprinkle with sesame seeds.

Cook's Tip: English or hothouse cucumbers are often sold wrapped in plastic. They have almost no seeds and thin, edible skins. Three cups sliced, regular cucumber may be substituted. **Cook's Tip:** To toast sesame seeds, cook them in an ungreased skillet over medium heat about 5 minutes or until golden brown, stirring frequently. Watch carefully to prevent burning. **Cook's Tip:** Packaged fresh pomegranate seeds (also called arils) are available in the produce section of some supermarkets.

Nutrition information per serving: 310 calories; 14 g fat (3 g saturated fat; 3 g monounsaturated fat); 57 mg cholesterol; 250 mg sodium; 17 g carbohydrate; 3.7 g fiber; 28 g protein; 7.7 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 4.3 mg iron; 29.1 mcg selenium; 4.8 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber.



Wisconsin Beef Council

@WIBeefTips

Wisconsin Beef Council



Wisconsin Beef Council

632 Grand Canyon Drive
Madison, WI 53719

BeefTips.com