

## **August 2022 TV —Not Your Average Salad Recipes!**

*Whether you're perusing your local farmers market or buying your produce at the neighborhood grocery, we're here to give you some inspiration for a few out-of-the-ordinary salad recipes you can enjoy all year long!*

### **Champagne Steak Salad with Blue Cheese**

*Grilled steak and peppers grace the top of this salad, which is spiked with a champagne vinaigrette.*

Recipe time: 35 minutes

Makes 4 servings

- 2 beef Ranch Steaks, cut 1-inch-thick (about 8 ounces each)
- 1-pound green beans, trimmed
- 2 teaspoons crushed mixed peppercorns
- 2 medium red and/or yellow bell peppers, cut into quarters
- 1 package (5 ounces) mixed salad greens
- 1/2 cup thinly sliced red onion
- 1/4 cup crumbled blue cheese

#### **Vinaigrette:**

- 1/4 cup champagne or white wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground mixed peppercorns



1. Bring 1-inch water to a boil in medium saucepan. Add green beans, cover and cook 4 to 5 minutes or until crisp-tender. Drain; set aside.
2. Meanwhile, combine vinaigrette ingredients in small bowl; set aside.
3. Press 2 teaspoons peppercorns evenly onto beef Ranch Steaks. Place steaks in center of grid over medium, ash-covered coals; arrange peppers around steak. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness. Grill peppers 7 to 11 minutes (gas grill times remain the same) or until crisp-tender, turning steaks and vegetables occasionally.

***Cook's Tip:*** *One pound beef Top Sirloin Steak, cut 1-inch thick may be substituted for Ranch Steaks. For charcoal, grill, covered, 11 to 15 minutes (for gas, grill, covered, 13 to 16 minutes) for medium rare to medium doneness, turning occasionally.*

4. Carve steaks into thin slices. Cut peppers into 1-1/2-inch pieces. Season beef and vegetables with salt, as desired. Divide salad greens among four serving bowls, top evenly with vegetables. Arrange beef on salad. Sprinkle with blue cheese. Drizzle with vinaigrette.

***Nutrition information per serving, using ranch steaks:*** 306 Calories; 144 Calories from fat; 16g Total Fat (5 g Saturated Fat; 8 g Monounsaturated Fat;) 71 mg Cholesterol; 347 mg Sodium; 15 g Total Carbohydrate; 2.1 g Dietary Fiber; 25 g Protein; 3.3 mg Iron; 5.1 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 4.3 mcg Vitamin B<sub>12</sub>; 6.8 mg Zinc; 36.9 mcg Selenium; 88 mg Choline. *This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, and Choline.*

## Grilled Beef, Summer Squash and Onion Salad

*Savor the flavors of the summer with this salad topped with grilled beef Strip Steak, red onions, yellow squash, zucchini and drizzled with a balsamic glaze.*

Recipe time: 30 minutes

Makes 4 servings

- 2 beef Strip Steaks, boneless
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1 large clove garlic, minced
- Salt and pepper
- 2 teaspoons garlic-pepper seasoning, divided
- 1 medium red onion, cut into 12 wedges
- 1 medium yellow squash, cut lengthwise in half
- 1 medium zucchini, cut lengthwise in half
- 8 cups mixed salad greens



1. Bring vinegar to a boil in small saucepan. Reduce heat; simmer 3 minutes or until reduced by half. Whisk vinegar, oil, garlic, 1/4 teaspoon salt and 1/8 teaspoon pepper in small bowl until blended. Set aside.
2. Press 1 teaspoon garlic-pepper seasoning evenly onto beef Strip Steaks Boneless.
3. Soak two 10-inch bamboo skewers in water 10 minutes; drain. Thread onion wedges onto skewers. Brush onions and cut sides of squash with oil; sprinkle with remaining teaspoon garlic-pepper seasoning.
4. Place steaks on grid over medium, ash-covered coals; arrange vegetables around steaks. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium doneness (160°F), turning occasionally. Grill squash 8 to 12 minutes (7 to 11 minutes for gas) and onions 12 to 15 minutes (13 to 16 minutes for gas) or until tender, turning occasionally.
5. Cut squash into 3/4-inch pieces. Arrange squash and onions over greens. Carve steaks into slices; season with salt and pepper, as desired. Arrange over salad. Drizzle vinaigrette over salad; toss.

**Nutrition information per serving:** 363 Calories; 207 Calories from fat; 23g Total Fat (5 g Saturated Fat; 15 g Monounsaturated Fat;) 56 mg Cholesterol; 444 mg Sodium; 11 g Total Carbohydrate; 4 g Dietary Fiber; 28 g Protein; 3.6 mg Iron; 8.1 mg NE Niacin; 0.9 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 5.4 mg Zinc; 29.3 mcg Selenium; 0 mg Choline.

*This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber.*

## Burger on a Salad Four Ways

*Try a nutritious twist on an American favorite! This recipe offers four variations to a tasty burger salad. A cooked Ground Beef patty on top of greens with toppings. How easy is that?*

Recipe time: 30 minutes

Makes 4 servings

### Greek Variation:

- 4 cooked (leftover) Ground Beef Burgers, 3-ounces each
- 2 cups chopped unpeeled English cucumber
- 2 cups chopped Romaine lettuce
- 2 cups chopped tomatoes
- 1/2 cup diced red onion
- 1/2 cup reduced-fat Greek dressing, divided
- 1/4 cup crumbled feta cheese
- 2 tablespoons finely chopped Kalamata olives



1. Place burgers on microwave-safe plate. Cover; microwave on HIGH 1-1/2 to 2 minutes until instant-read thermometer inserted horizontally into center registers 165°F. Let stand 1 minute.
2. Combine cucumber, lettuce, tomatoes and onion in large bowl. Toss with 1/4 cup dressing.
3. Divide lettuce mixture evenly onto four plates. Top with burgers. Drizzle evenly with remaining 1/4 cup dressing or serve on the side, as desired. Garnish with cheese and olives.

**American Variation:** Prepare recipe as directed above, substituting 1 cup chopped avocado for cucumber, reduced-fat Thousand Island dressing for Greek dressing, reduced-fat shredded Cheddar cheese for feta and chopped dill pickles for olives.

**Asian Variation:** Prepare recipe as directed above, substituting thinly sliced Napa cabbage for lettuce, 1 cup diced red bell pepper and 1 cup sugar snap peas for tomatoes, reduced-fat Asian dressing for Greek dressing, chow Mein noodles for feta and chopped dry roasted peanuts for olives.

**Mexican Variation:** Prepare recipe as directed above, substituting 1/2 cup corn kernels and 1/2 cup chopped mango for cucumber, salsa or reduced-fat Mexican dressing for Greek dressing, shredded reduced-fat pepper Jack cheese for feta and chopped cilantro or green onion for olives.

*Nutrition information per serving, Greek Variation: 305 Calories; 135 Calories from fat; 15g Total Fat (5 g Saturated Fat; 4 g Monounsaturated Fat;) 84 mg Cholesterol; 484 mg Sodium; 14 g Total Carbohydrate; 2.3 g Dietary Fiber; 29 g Protein; 3.5 mg Iron; 7.4 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 6.6 mg Zinc; 19.8 mcg Selenium.*

*This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron.*

## Grilled Spicy Steak Salad with Guacamole Salsa

*Satisfy your steak craving with this simple salad. Mixed greens, Mandarin oranges, and a spicy guacamole salsa are sure to hit the spot.*

Recipe time: 30 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak, boneless, cut 3/4-inch thick (about 1 pound)
- 8 cups mixed salad greens
- 1/2 cup Herdez® Guacamole Salsa, divided
- 1 cup cherry or grape tomatoes, cut in half
- 1/2 cup thinly sliced red onion
- 1 can (11 ounces) Mandarin oranges, drained

### Marinade:

- 1/3 cup fresh lime juice
- 1 tablespoon minced garlic
- 1 tablespoon chili powder

1. Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 1 hour.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Carve steaks across the grain into thin slices. Season with salt, as desired. Toss salad greens with 1/4 cup Herdez® Guacamole Salsa; arrange on serving platter. Top with tomatoes, onion, oranges and beef. Drizzle with remaining 1/4 cup salsa.



**Nutrition information per serving:** 301 Calories; 54 Calories from fat; 6g Total Fat (3 g Saturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 347 mg Sodium; 20 g Total Carbohydrate; 5.5 g Dietary Fiber; 29 g Protein; 4 mg Iron; 8.3 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.5 mg Zinc; 31.3 mcg Selenium; 109.2 mg Choline.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.*

## Grilled Steak and Vegetable Salad

*Take your salad over the top with delicious and tender Strip Steak bites.*

Total recipe time: 35 minutes

Makes 4 servings

- 2 beef Strip Steaks, boneless, cut ¾-inch-thick (about 8 ounces each)
- 1 medium sweet potato, cut into 1/2-inch-thick slices
- 3 different vegetables such as
  - zucchini
  - yellow squash
  - asparagus
  - eggplant
  - red onion
  - red and yellow bell pepper
  - Romaine lettuce, cut lengthwise into quarters
- 1/2 cup reduced-fat dressing or vinaigrette, such as Italian, noncreamy Caesar or red wine vinegar, divided
- 2 cloves garlic, minced
- 1/4 teaspoon pepper



1. Toss potato and vegetables with 1/4 cup dressing; set aside. Rub beef Steaks with garlic and pepper.
2. Place steaks on grid over medium, ash-covered coals. Arrange vegetables around steaks. Grill steaks, covered, 7 to 10 minutes (over medium heat on preheated gas grill time remains the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill lettuce and asparagus 2 to 4 minutes; grill other vegetables 11 to 15 minutes or until crisp-tender, turning occasionally.
3. Carve steaks and vegetables into bite-sized pieces. Combine beef, vegetables and remaining 1/4 cup dressing in large bowl; toss to coat. Season with salt and pepper, as desired.

**Nutrition information per serving, using beef Strip Steaks Boneless:** 291 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat;) 69 mg Cholesterol; 384 mg Sodium; 24 g Total Carbohydrate; 5 g Dietary Fiber; 29 g Protein; 4 mg Iron; 13.3 mg NE Niacin; 1.1 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 5.5 mg Zinc; 31.3 mcg Selenium; 123.4 mg Choline.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.*

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