

April 2026 TV Recipes—Not Your Average Salad

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!

Steak, Sugar Snap Pea & Barley Salad

After marinating, steak can be grilled or broiled to perfection before being added to this fresh salad.

Total Recipe Time: 60 minutes

Makes 4 servings

- 1 pound beef Top Round Steak, cut 1-inch thick
- 1/4 cup prepared low-fat vinaigrette
- 2 cups fresh sugar snap peas
- 2 cups cooked barley
- 1 cup yellow and red grape or teardrop tomatoes, halved
- 3 cloves garlic, minced
- 1 teaspoon pepper

Gremolata Dressing:

- 1/4 cup prepared low-fat vinaigrette
- 2 tablespoons chopped fresh parsley
- 2 teaspoons grated lemon peel
- 1/4 teaspoon pepper



1. Combine Gremolata Dressing ingredients in small bowl until well blended, refrigerate until ready to use.
2. Place beef steak and 1/4 cup vinaigrette in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
3. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, cooked barley and tomatoes in large bowl; toss with dressing and set aside.
4. Remove steak from marinade; discard marinade. Combine minced garlic and 1 teaspoon pepper; press evenly onto steak. Place steak on grid over medium, ash-covered coals. Grill, covered, about 12 to 14 minutes (over medium heat on preheated gas grill, 16 to 19 minutes) for medium rare (145°F) doneness, turning once. (Do not overcook.)

***Cook's Tip:** To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 17 to 18 minutes for medium rare doneness, turning once. (Do not overcook.)*

5. Carve steak into thin slices, season with salt, as desired. Add steak slices to barley mixture.

Nutrition information per serving: 467 Calories; 90 Calories from fat; 10g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 62 mg Cholesterol; 269 mg Sodium; 64 g Total Carbohydrate; 7.6 g Dietary Fiber; 35 g Protein; 5.2 mg Iron; 5 mg NE Niacin; 0.4 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 4.8 mg Zinc; 31.3 mcg Selenium.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.

957 Liberty Drive, Ste 201
Verona, WI 53593
800.728.BEEF



Easy Sirloin Thai Salad

Developed with blogger, Lauren's Latest, this salad is a treat for all the senses. Colorful, crunchy toppings join grilled Top Sirloin Steak on a bed of greens for a taste sensation.

Total Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut 1-inch thick (about 1-pound)
- 1 (5-ounce) container prewashed fresh herbs and greens lettuce mix (about 8 cups)
- 1 ripe mango, sliced
- 1 small ripe avocado, sliced
- 1/2 cup shredded carrot
- 1/2 cup diced red and/or yellow bell pepper
- 1/2 teaspoon coarse sea salt
- 2 tablespoons dry roasted peanuts, chopped (optional)
- Lime wedges

Dressing:

- 3 tablespoons agave nectar or honey
- 2 tablespoons creamy or chunky natural peanut butter
- 2 tablespoons hot water
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice or white vinegar
- 1 teaspoon sesame oil



1. Place beef steak on grid over medium, ash-covered coals. Grill, 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.
2. Meanwhile, whisk all dressing ingredients in medium bowl until smooth; set aside. Arrange lettuce on serving platter; arrange mango, avocado, carrot and bell pepper over lettuce.
3. Carve steak into slices; season with salt. Arrange beef over salad. Drizzle with dressing. Sprinkle with peanuts, if desired. Serve immediately; squeeze lime wedges over salad, as desired.

Nutrition information per serving: 356 Calories; 126 Calories from fat; 14g Total Fat (3 g Saturated Fat; 6 g Monounsaturated Fat;) 63 mg Cholesterol; 341 mg Sodium; 30 g Total Carbohydrate; 4.2 g Dietary Fiber; 30 g Protein; 3.4 mg Iron; 11 mg NE Niacin; 0.6 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 7.6 mg Zinc; 26.8 mcg Selenium.

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, and Iron.

Layered Beef Salad On-the-Go

The beauty of this satisfying, on-the-go meal is the assembly. Start with dressing, then top with veggies, pasta, greens and steak slices. Give it a shake to coat evenly and enjoy to-go.

Total Recipe Time: 20 minutes

Makes 1 serving

- 3 ounces cooked lean beef (such as Top Sirloin Steak, Strip Steak, Tenderloin Steak or Flank Steak), cut into slices
- 3 cups mixed salad greens or chopped romaine lettuce
- 1/2 cup assorted vegetables (such as shredded carrots, sliced cucumber, grape tomatoes, sliced radish, sugar snap peas)
- 1/4 cup cooked small pasta, rinsed drained chickpeas or Great Northern beans



Dressing:

- 1/4 cup Greek or plain nonfat yogurt
- 1 teaspoon honey
- 1/8 to 1/4 teaspoon chipotle pepper sauce
- 1/8 teaspoon ground cumin
- 2 teaspoons orange juice
- 1/8 teaspoon salt

1. Combine dressing ingredients in bottom of medium container or small bowl with lid.
2. Layer salad greens, vegetables, pasta or beans and beef on top of dressing. Close lid securely or cover bowl tightly with plastic wrap; refrigerate until ready to use.
3. Before serving, shake covered container to coat salad well.

Nutrition information per serving, using top sirloin steak: 308 Calories; 45 Calories from fat; 5g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 49 mg Cholesterol; 453 mg Sodium; 30 g Total Carbohydrate; 6.1 g Dietary Fiber; 37 g Protein; 3.8 mg Iron; 8 mg NE Niacin; 0.7 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.3 mg Zinc; 39.7 mcg Selenium; 107.8 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

Salad Shakers

Don't forget about lunch! Shake-up your lunch routine. Mix your favorite salad ingredients with Ground Beef on top.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
- 2 teaspoons minced garlic
- 1/4 cup water
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 package (10 to 12 ounces) iceberg or romaine salad mix (lettuce, red cabbage, carrots)
- 1 cup diced tomato
- 1/2 cup canned black beans, rinsed, drained
- 1/2 cup frozen corn, defrosted, drained
- 1/2 cup shredded reduced-fat Cheddar cheese, (optional)
- 1/2 cup prepared reduced-fat or fat-free ranch dressing
- 1/4 to 1/3 cup Crunchy Tortilla Strips (recipe follows) or crushed baked tortilla chips (optional)



1. Brown Ground Beef with garlic in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into 1/2-inch crumbles. Pour off drippings, if necessary. Stir in water, chili powder and cumin; cook and stir 1 minute to blend flavors. Cool slightly.
2. Place salad mix, beef, tomato, beans, corn and cheese, if desired, in large bowl with lid. Top with dressing; close lid securely or cover bowl tightly with plastic wrap. Shake gently to combine. Top with tortilla strips, if desired.

Crunchy Tortilla Strips: 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°F or until crisp.

Cook's Tip: You can substitute your favorite dressing for ranch dressing.

Nutrition information per serving: 286 Calories; 81 Calories from fat; 9g Total Fat (9 g Saturated Fat; 3 g Monounsaturated Fat;) 3 mg Cholesterol; 568 mg Sodium; 22 g Total Carbohydrate; 4.4 g Dietary Fiber; 29 g Protein; 4.6 mg Iron; 7.3 mg Niacin; 0.4 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 6.2 mg Zinc; 18.2 mcg Selenium.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber.

Beef Bulgogi Lettuce Wraps

Korean barbecue sauce lends sweet and savory elements to the beef in these easy lettuce wraps.

Total Recipe Time: 40 minutes

Makes 4 servings

- 2 beef Flat Iron Steaks (about 8 ounces each)
- 1/2 cup apple cider vinegar
- 3 tablespoons red or brown miso paste, divided
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger, divided
- 1 teaspoon ground Korean-style red pepper, divided
- 1-1/2 cups diced apple or Asian pear
- 3/4 cup packed dark brown sugar
- 2/3 cup diced onion
- 1/2 teaspoon sesame oil
- 12 large green or red butter or Bibb lettuce leaves

Toppings (optional):

- Shredded carrots, shredded cabbage, shredded cucumber, chopped peanuts, microgreens, pickled corn, pickled onion, chopped kimchi



1. Combine 1/4 cup cider vinegar, 1 tablespoon miso paste, 1 teaspoon garlic, 1 teaspoon ginger and 1/2 teaspoon pepper in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 30 minutes.
2. Meanwhile, to prepare bulgogi sauce, heat large nonstick skillet over medium-high heat until hot. Add apple, brown sugar, onion, remaining 1/4 cup cider vinegar, remaining 2 tablespoons miso paste, remaining 1 teaspoon garlic, remaining 1 teaspoon ginger, remaining 1/2 teaspoon pepper and sesame oil; bring to a boil. Cook 8 to 12 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired. Set aside.
3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Carve steaks into slices. Divide steak slices evenly among 12 lettuce leaves. Top steak with Bulgogi Sauce, carrots, cabbage, cucumber, peanuts, microgreens, pickled vegetables and kimchi, if desired.

Nutrition information per serving: 406 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 71 mg Cholesterol; 624 mg Sodium; 53 g Total Carbohydrate; 2.3 g Dietary Fiber; 24 g Protein; 3 mg Iron; 3.5 mg NE Niacin; 0.4 mg Vitamin B₆; 5 mcg Vitamin B₁₂; 7.8 mg Zinc; 32.7 mcg Selenium; 96.8 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Iron, and Choline.