

East Meets West Steak Salad

Chuck Arm Steaks take a dip in Asian-style dressing before hitting the grill. Serve the steaks with packaged coleslaw mix and nuts for a delicious crunch!

INGREDIENTS

- 2 beef Chuck Arm Steaks, cut 1 inch thick (about 8 ounces each)
- 3/4 cup prepared reduced-fat or regular Asian-style dressing
- 1 package (1 pound) coleslaw mix
- 1 cup snow peas, trimmed, cut diagonally in half or 3/4 cup frozen shelled edamame, defrosted
- 1/4 cup honey-roasted peanuts, chopped or slivered almonds, toasted



30 Min 4 42 Cal 27g
 Servings Protein

COOKING

1. Place beef Chuck Arm Steaks and 1/4 cup dressing in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, 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, turning occasionally.
3. Carve steaks into thin slices; season with salt and pepper, as desired. Toss coleslaw mix, snow peas and peanuts with remaining 1/2 cup dressing in large bowl until well coated. Add beef; toss to combine.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13g	65mg		22g	27g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com