

# Grilled Steak And Vegetable Salad

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

## INGREDIENTS

2 beef Strip Steaks Boneless, cut 3/4 inch thick (about 8 ounces each) - 1 beef Top Sirloin Steak Boneless, cut 3/4 inch thick (1 pound) may be substituted. Grill, covered, over medium, ash-covered coals 7 to 11 minutes (over medium heat on preheated gas grill 8 to 13 minutes).

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 or Romaine lettuce, cut lengthwise into quarters - Do not cut asparagus 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



35 Min

4  
Servings

42 Cal

29g  
Protein

## COOKING

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

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	69mg		24g	29g	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.

