

Harvest Steak & Quinoa Salad

Enjoy a great tasting harvest salad using Skirt Steak, quinoa, squash, apple and almonds.

INGREDIENTS

1 beef skirt steak, (about 1 pound), cut into 4 pieces
1/2 cup lite (58% less fat, 41% fewer calories) raspberry & walnut salad dressing
4 teaspoons stone ground mustard
1/2 cup uncooked quinoa
2 1/2 cups (about 10 ounces) cubed butternut squash (1/2-inch cubes)
5 cups spring salad greens
1 large red apple, unpeeled, coarsely chopped
1 cup fat-free crumbled feta cheese (about 4 ounces)
1/4 cup sliced almonds, toasted



40 Min



4
Servings



42 Cal




34g
Protein

COOKING

1. Combine salad dressing and mustard in small bowl. Place beef Skirt Steak and half of dressing mixture in food-safe plastic bag; turn to coat steak. Close bag securely; marinate in refrigerator 6 to 24 hours, turning occasionally. Cover remaining dressing; refrigerate.
2. Cook quinoa according to package directions; set aside.
3. Meanwhile, place squash in 2-quart microwave-safe bowl; cover. Microwave on HIGH 5 minutes. Remove from microwave. Cool; set aside.
4. Remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 8 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Carve steak diagonally across the grain into thin slices.
5. Meanwhile, combine greens, squash, apple, feta cheese and remaining dressing mixture; toss to coat. Place salad on plates. Spoon scant 1/2 cup quinoa in center of salad; top with beef slices. Sprinkle with toasted almonds.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		20g	82mg		41g	34g	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