

Steak Milanese Salad

Try something new for dinner! This steak Milanese salad provides unique, Latin-inspired flavors and is sure to please.

INGREDIENTS

1 pound beef Round Tip Steaks, cut 1/4-inch thick

1 large egg

2 chipotle peppers in adobo sauce, minced

1 tablespoon water

1 cup saltine cracker crumbs - To make cracker crumbs, place crackers in food-safe plastic bag; close bag securely, squeezing out air. Crush crackers with rolling pin to form fine crumbs. Twenty eight to thirty 2 x 2-inch crackers make about 1 cup crumbs.

3 tablespoons chopped fresh cilantro leaves

4 to 6 tablespoons vegetable oil

6 cups mixed salad greens

1 cucumber, seeded, sliced

1-1/2 cups diced tomatoes

Chopped fresh cilantro leaves

1/2 cup prepared Italian dressing

1 chipotle pepper in adobo sauce, minced

1 teaspoon adobo sauce



40 Min



4
Servings



42 Cal



29g
Protein

COOKING

1. Whisk dressing ingredients in small bowl until blended. Set aside.

2. Beat egg, chipotle peppers and water in shallow dish until blended. Combine cracker crumbs and 3 tablespoons cilantro in second shallow dish. Dip each beef steak into egg mixture, then into crumb mixture to coat both sides.

3. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium to medium-high heat until hot. Place 1 to 2 steaks in skillet. (Do not overcrowd.) Cook 3 to 4 minutes or until coating is golden brown and beef is medium rare (145°F) to medium (160°F) doneness, turning once. (Do not overcook.) Remove; keep warm. Repeat with remaining steaks, adding additional oil as needed and adjusting heat as necessary to prevent over browning.

4. Divide salad greens evenly among 4 plates. Top evenly with cucumber and tomatoes. Top each with steaks. Drizzle with dressing and sprinkle with cilantro, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		31g	128mg		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.

Courtesy of BeefItsWhatsForDinner.com