

Beef, Mango And Avocado Salad

Whip up a homemade Lime Vinaigrette to use as a quick marinade for Top Sirloin and as the dressing for this simple, yet deliciously fresh salad.

INGREDIENTS

1 beef Top Sirloin Steak Boneless, cut 1-inch thick (about 1 pound) - One beef Top Round Steak, cut 1-inch thick (about 1 pound) may be substituted for Top Sirloin Steak. Marinate steak 6 hours or as long as overnight. Grill 12 to 14 minutes (for gas, 16 to 19 minutes).

6 cups mixed salad greens

1 medium mango, cut into 3/4-inch pieces

1 medium avocado, cut into 8 slices

Red onion rings, separated

2 tablespoons crumbled queso fresco cheese -

Pepitas (pumpkin seeds) or sunflower seeds (optional)

Salt and pepper

1/3 cup fresh lime juice

1 tablespoon finely chopped fresh cilantro

1/2 teaspoon ground cumin

1 tablespoon honey

2 tablespoons olive oil

1/4 teaspoon salt



45 Min



4

Servings



42 Cal



31g

Protein

COOKING

1. Combine Lime Vinaigrette ingredients in small bowl. Place beef steak and 1/4 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in the refrigerator 15 minutes to 2 hours. Cover and refrigerate remaining vinaigrette for salad.

2. Remove steak from marinade; discard marinade. Place 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 doneness (160°F), turning occasionally.

3. Divide salad greens among 4 plates. Top evenly with mango pieces, avocado slices and onion, as desired. Carve steak into slices. Divide steak slices evenly over salads. Sprinkle with cheese and pepitas, if desired. Drizzle remaining vinaigrette evenly over salads. Season with salt and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		16g	74mg		24g	31g	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