



## SIRLOIN STEAK AND TOMATO SALAD

Total Recipe Time: 30 to 35 minutes  
Makes 4 servings



The steak of your choice atop a bed of arugula get a flavor boost from balsamic and parmesan.

### INGREDIENTS

- 1 beef Top Sirloin Steak Boneless, cut 3/4 inch thick (about 1 pound)
- 2 medium onions, cut into 1/2-inch thick slices
- 1/3 cup plus 1 tablespoon reduced-fat or regular balsamic vinaigrette, divided
- 1/2 to 1 teaspoon chipotle chile powder
- 12 cups mixed salad greens
- 4 medium tomatoes, cut into wedges
- Salt and pepper

### INSTRUCTIONS FOR SIRLOIN STEAK AND TOMATO SALAD

1. Brush onion slices with 1 tablespoon vinaigrette; set aside. Press chile powder onto beef steak. Place steak in center of grid over medium, ash-covered coals; arrange onions around steak. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill onions 13 to 15 minutes or until tender, turning occasionally.
2. Separate onion slices into rings. Carve steak into slices. Season beef and onions with salt and pepper, as desired.
3. Toss salad greens with remaining 1/3 cup vinaigrette and divide among 4 salad plates. Top with tomatoes, onions and beef.

### NUTRITIONAL INFORMATION FOR SIRLOIN STEAK AND TOMATO SALAD

Nutrition information per serving: 246 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 70 mg cholesterol; 411 mg sodium; 22 g carbohydrate; 6.5 g fiber; 30 g protein; 8.2 mg niacin; 0.7 mg vitamin B6; 1.5 mcg vitamin B12; 3.6 mg iron; 30.7 mcg selenium; 5.2 mg zinc; 110.5 mg choline.

*This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium, zinc and choline.*

