

Mixed Greens and Salad Steak with Creamy Peppercorn Dressing

Bright and fresh, protein packed meal.



The mixed greens in this recipe provide a healthy dose of vitamin A, vitamin C, vitamin K, folate, potassium and taste great too.

Ingredients

Makes 4 servings

1 lb. boneless beef top sirloin, cut 3/4-inch thick

1-1/2 teaspoons crushed mixed peppercorns (black, pink and green)

1 medium red bell pepper, cut into 1-1/2-inch pieces

1 medium yellow bell pepper, cut into 1-1/2-inch pieces

Salt, as desired

1 (5-ounce) package mixed baby greens

Dressing:

1/4 cup reduced-fat sour cream

2 tablespoons light mayonnaise

2 tablespoons fresh lemon juice

1 large garlic clove, minced

1 teaspoon Worcestershire sauce

1/2 teaspoon crushed mixed peppercorns (black, pink and green)

1/4 teaspoon salt

3 to 4 tablespoons fat-free milk

Directions

Cut beef steak into 1-1/4-inch pieces. Toss with crushed peppercorns. Alternately thread beef and bell pepper pieces evenly onto four 12-inch metal skewers.

Place skewers on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil for 8 to 10 minutes for medium-rare to medium doneness, turning once. Remove from heat. Season with salt as desired.

Meanwhile, to prepare creamy peppercorn dressing, whisk together sour cream, mayonnaise, lemon juice, garlic, Worcestershire sauce, crushed peppercorns and salt in a small bowl. Stir in milk, 1 tablespoon at a time, until dressing is creamy consistency. Set aside.

To assemble salad, place greens in serving bowl. Remove beef and peppers from skewers and arrange over greens. Drizzle with dressing.

Nutritional information (per serving)

Calories 236
Fat 10g
Cholesterol 60 mg
Sodium 300 mg
Carbohydrates 9 g
Fiber 1.1 g
Protein 28 g

* "The Healthy Beef Cookbook" by Richard Chamberlain and Betsy Hornick, RD, John Wiley & Sons Inc., 2006



Genesis
HEALTHCARE SYSTEM

Spirit of
Women[®]

Better Begins Here.