

Citrus Steak Salad

online care group

DESCRIPTION:

A light, bright and refreshing meal! Orange segments and strawberries lend a hint of sweetness to a satisfying salad!

INGREDIENTS:

Salad

- 4 (4 oz.) – flank steak (trim any visible fat from the steak)
- Salt and pepper
- Garlic powder
- 1 head Romaine or Bibb lettuce, cored and cut into bite-size pieces
- 1 small red onion, halved and thinly sliced
- 1 medium cucumber, cut into matchstick size pieces
- 1 orange, cut in half and then the inside sections scooped out
- 1 cup strawberries, sliced
- 1 small avocado, cubed

INGREDIENTS:

Citrus Vinaigrette

- ¼ cup extra virgin olive oil
- ¾ cup orange juice
- 2 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 1 tsp. sugar

DIRECTIONS:

1. Season steaks with salt, pepper and garlic powder and grill or cook in skillet for 8 to 10 minutes or until medium-well (slightly pink).
2. Transfer to a cutting board and let rest for 5 minutes before thinly slicing crosswise.
3. Toss lettuce, red onion, cucumber, orange, strawberries, and avocado together in a bowl.
4. Whisk together all dressing ingredients and pour over salad. Transfer salad to 4 plates and top with thinly sliced steak.
5. Season with salt and pepper to taste.



NUTRITION INFO

Serving Size	4 oz. steak over mixed salad
Servings per recipe	4
Calories	494
Fat	30g
Saturated Fat	6g
Sodium	369mg
Carbohydrates	23g
Fiber	7g
Sugar	12g
Protein	35g

FACT: A high protein meal will provide you with energy throughout the day. This meal contains a whopping 35 grams of protein per serving!