

Tasty Recipes for You to Try



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Steak Supper Salad

Serves 4

Shared by:
Sally Rainey

Ingredients:

Steak

1 1/2 - 2 Flat Iron steaks or flank steaks
1/4 C. olive oil
1/2 C. red wine vinegar
Salt and pepper to taste
Grilling seasoning mix
(you can use your own mix, using garlic powder, paprika, cumin, chili powder, red pepper and brown sugar or ready made from the grocery store)

Salad

1 lb. asparagus
Olive oil for baking
Salt and pepper to taste
10-12 medium red potatoes
Herb de Provence
1 large red bell pepper
1 small jar capers, drained
1/2 C. freshly grated parmesan cheese
1 bag spring mix lettuce

Vinaigrette

2 Tbsp. ketchup
1 Tbsp. Dijon mustard
1/3 C. white wine vinegar
Salt and pepper to taste
1/2 C. canola oil
1 shallot, minced

Directions:

1. Rub steak with grilling seasoning. Pour olive oil, red wine vinegar, salt and pepper in a zip top bag. Mix well. Add steak to the bag, shake to completely cover and marinate in the refrigerator 3-4 hours or overnight.
2. Remove steak from marinade and place on preheated grill. Grill 7-8 minutes on each side. Remove from grill and set aside to rest before cutting.
3. Cut potatoes into bite-sized pieces, leaving the skins and place on a foil-lined baking sheet. Drizzle with olive oil, then sprinkle with herbs de provence, salt and pepper. Mix well and bake at 400° for 20 minutes. Remove from oven and let cool. Set aside.
4. Clean asparagus and snap off bottom ends. Place on foil-lined baking sheet, drizzle with olive oil then sprinkle with salt and pepper. Bake at 400° for 10 minutes or until tender but crisp. Remove from oven and let cool. Cut into 2" pieces and set aside.

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5. Julienne the red bell pepper (cut into thin strips) and put in a medium bowl. Add potatoes, asparagus and capers to bell pepper.
6. For the vinaigrette, mix all ingredients well. Add to vegetable mix. Gently stir to coat thoroughly. Add steak slices to vegetable/vinaigrette mix and toss gently.
7. To serve, divide lettuce mix equally onto 4 serving plates. Top lettuce with vinaigrette/vegetable/steak mixture. Sprinkle with fresh parmesan cheese.

Pairs well with crusty bread topped with pesto butter and a Pinot Noir wine.