

Grilled Steak and Onion Salad

Ingredients:

- 1 red onion, cut crosswise into 1/2 " thick slices
- 1 lb skirt flank steak, cut into 4 pieces
- 1 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 3 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- 8 cups any of the following: arugula or salad greens
- Salt and pepper to taste



Making it:

1. Pan or cast iron skillet: heat to medium high heat.
2. Cooking the steak: Season steak with salt and pepper. Drizzle onions with 1 tbsp oil, salt and pepper. Grill steak with onions until steak is medium-rare and onions tender, flipping once (~5-7 min). Let stand 5 min then slice thinly against the grain.
3. Bowl: whisk together mustard, vinegar, and 2 tbsp oil.
4. Add salad greens and season with salt and pepper.
5. Add onions, steak and toss to combine.
6. Serve immediately.

Tips and Hints:

- To increase carbohydrate add croutons. You can easily make your own croutons by cutting bread into 1/2" cubes, lay on a pan, toasting in oven for 10 min.
- This salad can also easily be turned into a steak salad sandwich. To create a spread place cooked onions in food processor and spread on bread. Layer green, dressing and streak between slices.
- Mushrooms sautéed in balsamic also go nicely with this recipe.

NUTRITION FACTS

Servings: 4
Serving Size: 2 cup green
+ 1/4 of steak (150 g
uncooked)

Total Calories	236
Carbohydrate	8 g
Total Fat	10 g
Protein	29 g
Fiber	2 g

Prep Time: 15
Cook Time: 5-7