

Beef

Citrus Steak Salad

Taste of Home Simple & Delicious - August 2011

Servings: 4

Start to Finish Time: 25 minutes

6 tablespoons olive oil
1/4 cup cider vinegar
1/4 cup orange juice
2 tablespoons fresh parsley, minced
2 tablespoons honey
1 clove garlic, minced
1 teaspoon chili sauce
1/2 teaspoon salt
8 cups torn romaine lettuce
3/4 pound cooked beef sirloin steak, sliced
2 cups fresh strawberries, sliced
1 medium red onion, sliced
1 can (11 oz) mandarin oranges, drained
1 cup pecan halves, toasted
1/2 cup fresh goat cheese, crumbled

In a small bowl, whisk the olive oil, vinegar, orange juice, parsley, honey, clove, chili sauce and salt. Set aside.

Divide the romaine among four plates.

Top with the steak, strawberries, onion, oranges, pecans and cheese.

Serve with the vinaigrette.

Yield: 1 cup vinaigrette

Per Serving (excluding unknown items): 449 Calories; 39g Fat (73.9% calories from fat); 3g Protein; 28g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 271mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 7 1/2 Fat; 1/2 Other Carbohydrates.