



Easy-to-Make Steak Salad

Craving both a refreshing salad and a juicy steak? Enjoy the best of both worlds with this healthy, delicious salad.

INGREDIENTS

Salad

- 1 loaf Italian bread, cut into 12 slices
- 1 clove garlic
- 1 pound skirt or flank steak
- Salt and pepper
- 1 bag romaine hearts (1 lb.), torn
- 12 cherry tomatoes, halved

Dressing

- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 2 teaspoons lemon juice
- 1 teaspoon mustard
- 1 tablespoon finely chopped fresh parsley
- 1 clove garlic, chopped
- 1/4 teaspoon salt

PREPARATION

1. Preheat broiler to high; place a rack 5 inches from heat. Line a baking sheet with foil. Place bread slices on baking sheet and toast, turning once, until golden, 2 to 4 minutes. Rub one side of each slice with 1 clove garlic.
2. Sprinkle steak with salt and pepper, place on baking sheet and broil, turning once, 7 to 10 minutes for medium-rare. Tent with foil and let rest 5 minutes.
3. Put lettuce and tomatoes in a large bowl. Make dressing and whisk together all ingredients. Pour on salad; toss to coat.
4. Arrange salad on 6 plates. Thinly slice steak and place on top of salad. Serve with toasted bread.

NUTRITION

Per serving: 306 calories; 15g fat; 6g saturated fat; 52mg cholesterol; 652mg sodium; 18g carbohydrate; 2g fiber; 23g protein

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