

beef steak with carrots and mint

Prep time: 15 minutes

Cook time: 15 minutes

a winning combination—a cool, crisp salad with a hot, juicy steak

For steak:

4 beef top sirloin steaks, lean
(3 oz each)

¼ tsp salt

¼ tsp ground black pepper

½ Tbsp olive oil

For salad:

1 C carrots, rinsed and grated

1 C cucumber, rinsed, peeled, and
sliced

1 Tbsp olive oil

2 Tbsp fresh mint, rinsed, dried, and
shredded (or ½ Tbsp dried)

¼ tsp salt

¼ tsp ground black pepper

½ C orange juice

- 1 For the steaks, preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2 For the salad, combine all the ingredients in a bowl, and mix gently. Marinate salad for at least 5–10 minutes to blend flavors before serving. (Salad can be made up to 3 hours in advance and refrigerated.)
- 3 Season the steaks with salt and pepper, and lightly coat with oil.
- 4 Grill or broil 2–3 minutes on each side, or to your desired doneness (to a minimum internal temperature of 145 °F).
- 5 Remove from the heat and let cool for 5 minutes.
- 6 Serve one 3-ounce steak with ½ cup salad on the side.

Tip: Try serving with [Couscous With Carrots, Walnuts, and Raisins](#) (on page 117).



yield:

4 servings

serving size

3 oz steak, ½ C salad

each serving provides:

calories	191	total fiber	1 g
total fat	9 g	protein	19 g
saturated fat	2 g	carbohydrates	9 g
cholesterol	35 mg	potassium	451 mg
sodium	359 mg		