

Strawberry Bleu Cheese Steak Salad (2 dinner size portions)

Adapted from Taste of Home

Ingredients:

- 1 lb steak (use whichever cut you prefer: ribeye, NY strip, sirloin)
- ½ tsp salt
- ¼ tsp pepper
- 2 Tbsp olive oil
- 2 Tbsp lime juice
- Appx 6 Cups romaine lettuce (torn)
- 2 Cups halved strawberries
- ½ Cup crumbled bleu cheese
- ½ Cup chopped walnuts

Directions:

1. Season steak with salt and pepper. In a large skillet, heat oil over medium heat. Add steak; cook 5-7 minutes on each side until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Remove from pan; let stand 5 minutes. Cut steak into bite-sized strips; toss with lime juice.
2. On a platter, combine romaine, strawberries and onion; top with steak. Sprinkle with cheese and walnuts. Serve with balsamic dressing (recipe below) and ancient grains bread.

Balsamic Dressing

Ingredients:

- ¼ Cup balsamic vinegar
- ¼ Cup olive oil
- ¼ Cup plain Greek yogurt (rec 2% fat)
- 1/4 Cup mayonnaise
- 1 Tbsp Dijon mustard
- 1 tsp honey
- 1 garlic clove (minced)
- ½ tsp dried oregano (can sub Italian seasoning)
- ½ tsp salt

Directions:

1. Using a small bowl, whisk all ingredients together until smooth (you can also use a jar with a tight fitting lid and shake well)
2. Cover and refrigerate leftovers. Use within 1 week.