

Blue is Better Recipe (Serves 4)

Quick Italian-Style Beef Salad

Ingredients

- 12 oz. beef round tip steak, cut 1/8" to 1/4" thick
- 1 1/2 c. sliced fresh mushrooms
- medium green or yellow bell pepper, cut into thin strips
- 2 cloves garlic, minced
- 1 1/4 tsp. dried Italian seasoning, crushed, divided
- 1 tsp. olive oil
- 1 1/2 c. halved cherry tomatoes
- 2 Tbsp. red wine vinegar
- 6 c. romaine lettuce, torn
- Ground Black Pepper
- Parmesan cheese

Preparation Instructions

1. Cut steak into 1" wide strips & in half. In skillet over medium heat, add mushrooms, sweet pepper & garlic; stir-fry for 2-3 minutes or until vegetables are crisp-tender. Remove vegetables. Sprinkle vegetable with 1 tsp. Italian seasoning. Set aside.
2. In skillet, heat oil. Stir-fry beef strips, half at a time in oil for 1-1 1/2 minutes. Remove meat. Remove skillet from heat, add tomatoes, vinegar & remaining seasoning, stirring to combine. Return beef & vegetable to skillet, stir to combine.
3. Place romaine in large bowl with beef mixture. Toss & serve immediately. Sprinkle each serving with freshly ground black pepper & Parmesan cheese if desired.



NUTRITION FACTS

Serving Size

3-oz. beef, 1/2 c. vegetable

Amount Per Serving:

Calories	181
Calories from Fat.....	53
Total Fat	6 g
Saturated Fat.....	2 g
Cholesterol	54 mg
Sodium	341 mg
Carbohydrate	10 g
Dietary Fiber.....	3 g
Protein	23 g