

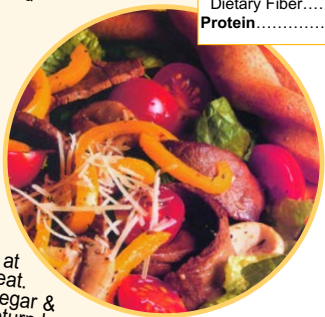
Blue is Better Recipe (Serves 4) Quick Italian-Style Beef Salad

Ingredients

- 12 oz. beef round tip steak, cut 1/8" to 1/4" thick
- 6 c. romaine lettuce, torn
- 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
- 1 tsp. olive oil
- 1 1/2 c. halved cherry tomatoes
- 2 Tbsp. red wine vinegar
- 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