



Steak Salad



Steak Marinade:

1 lb. tenderloin steak, chopped
2 T Worcestershire sauce
1 T soy sauce
1 garlic clove, minced
2 T olive oil (1 T for marinade and 1 T for cooking steak)
1 T fresh-squeezed lemon juice
¼ t fresh ground pepper

Dressing:

3 T chopped Italian parsley
2 green onions, diced
2 T fresh-squeezed lemon juice
1 garlic clove, minced
1 t lemon zest
1 t apple cider vinegar
1/3 c olive oil
½ t salt

Salad:

2 romaine hearts, washed and chopped
1 avocado, chopped
1 English cucumber, chopped
1/3 c cherry tomatoes, halved
¼ c chopped red onion
1 c corn
¼ c sunflower seeds
2 T cheese crumbles (feta, goat, cotija, bleu cheese)

Steak Instructions:

Combine Worcestershire sauce, soy sauce, garlic, olive oil, lemon juice, and pepper in Ziploc bag. Add steak. Chill.

Dressing Instructions:

Combine ingredients and chill. Add water to thin if desired.

Salad Instructions:

Heat 1 tablespoon olive oil in skillet over med/high heat and add steak. Turn steak pieces every few minutes, searing each side, until done to your liking. Remove from heat. Meanwhile toss lettuce, avocado, cucumbers, tomatoes, onions, and corn in large bowl. Drizzle dressing over top and toss again. Top with steak, sunflower seeds, and cheese.