



Mandarin Steak Salad with Ginger Vinaigrette

Steak, oranges, peppers and peanuts on mixed greens with a zingy vinaigrette makes an unbeatable entree salad.

Makes 4 servings

- 1 (16-ounce) sirloin steak, trimmed of fat
- Orange Marinade (see recipe)
- 8 cups mixed greens
- 1 (11-ounce) can mandarin oranges, drained
- 1 red bell pepper, cored and thinly sliced
- 1 bunch green onions, chopped
- 1/3 cup chopped peanuts
- Ginger Vinaigrette (see recipe)

1. Marinate steak in Orange Marinade (see recipe). Refrigerate 2 hours or overnight. Remove steak from marinade. In large nonstick skillet over medium heat, sear meat cooked to preference. Remove from skillet; slice and set aside.
2. Place mixed greens on plate, and top with mandarin oranges, red pepper, green onions, and sliced seared steak. Sprinkle with peanuts, serve with Ginger Vinaigrette (recipe follows).

Orange Marinade

An Asian infused marinade.

- 2 tablespoons orange marmalade
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- 2 tablespoons lemon juice
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons orange juice
- 1 teaspoon olive oil

1. In plastic resealable bag, mix together all ingredients. Add steak, refrigerate two hours or overnight.

Nutritional information (without vinaigrette) per serving:

Calories 274 Calories from fat 33% Fat 10g Saturated Fat 3g Cholesterol 55mg Sodium 90mg Carbohydrate 16g Dietary Fiber 6g Sugars 9g Protein 29g Dietary Exchanges: 2 vegetable, 1/2 fruit, 3 lean meat

Spicy Advice: Unpeeled fresh ginger will keep three weeks in the refrigerator.