Champagne Steak Salad With Blue Cheese

Grilled steak and peppers grace the top of this salad, which is spiked with a champagne vinaigrette.



35 Min | 4 Servings | 42 Cal | 29g Protein

INGREDIENTS

2 beef Ranch Steaks, cut 1 inch thick (about 8 ounces each)

1 pound green beans, trimmed

2 teaspoons crushed mixed peppercorns (black, white, pink and green)

2 medium red and/or yellow bell peppers, cut into quarters

1 package (5 ounces) mixed salad greens

1/2 cup thinly sliced red onion

1/4 cup crumbled blue cheese

1/4 cup champagne or white wine vinegar

2 tablespoons olive oil

2 tablespoons maple syrup

1/4 teaspoon salt

1/4 teaspoon freshly ground mixed peppercorns

COOKING

1. Bring 1-inch water to a boil in medium saucepan. Add green beans, cover and cook 4 to 5 minutes or until crisp-tender. Drain; set aside.

2. Meanwhile, combine vinaigrette ingredients in small bowl; set aside.

3. Press 2 teaspoons peppercorns evenly onto beef Ranch Steaks. Place steaks in center of grid over medium, ash-covered coals; arrange peppers around steak. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness. Grill peppers 7 to 11 minutes (gas grill times remain the same) or until crisp-tender, turning steaks and vegetables occasionally.

4. Carve steaks into thin slices. Cut peppers into 1-1/2-inch pieces. Season beef and vegetables with salt, as desired. Divide salad greens among four serving bowls; top evenly with vegetables. Arrange beef on salad. Sprinkle with blue cheese. Drizzle with vinaigrette.

NUTRITION

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Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		14g	56mg		15g	29g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com

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