

Asian Steak Salad

4 Servings

MARINADE INGREDIENTS:

- 2 Tablespoons Soy Sauce
- 1 Tablespoon Sherry
- 2 cloves Garlic, Minced
- 2 teaspoons Brown Sugar
- 1 whole Rib-eye, Strip, Or Sirloin Steak
- 2 Tablespoons Olive Oil

DRESSING INGREDIENTS:

- 2 Tablespoons Olive Oil
- 2 Tablespoons Soy Sauce
- 2 Tablespoons White Sugar
- 1 Tablespoon Lime Juice
- 2 cloves Garlic, Finely Diced
- 1 Tablespoon Fresh Ginger, Minced
- 1/2 whole Jalapeno, Seeded And Diced

SALAD INGREDIENTS:

- 2 whole Green Onions
- 8 Cups Salad Greens (baby Lettuce, Endive, Radicchio, Etc.)
- ½ Cup Grated Carrot
- ½ Cup Red Onion Slices
- ½ Cup Peanuts

Preparation Instructions:

Combine steak marinade ingredients in a Ziploc bag. Place steak in bag and mix. Marinate for 30 minutes to 2 hours. Combine salad dressing ingredients and sliced green onion, set aside. When steak is finished marinating, add 2 tablespoons olive oil to a hot skillet. Cook steak about 1 1/2 minutes per side, or until cooked through. Remove from skillet and keep on a plate, allowing it to cool slightly. Place steak on cutting board and slice thinly, then pour juices from the plate over the top. Toss the salad greens, steak, carrots, onions, ¾ dressing and ¾ peanuts until combined. Sprinkle with the remaining peanuts and drizzle the remaining dressing on top.

NUTRITION FACTS	
1 serving	
Calories	407 kcals
Total Fat	24 g
Saturated Fat	4 g
Cholesterol	54 mg
Sodium	660 mg
Potassium	919 mg
Total Carbohydrate	17 g
Dietary Fiber	4 g
Protein	32 g

Southwestern Chicken Salad

6 Servings

SALAD INGREDIENTS:

- 18 oz. Chicken, prepared how you choose
- 7 ½ Cups Salad Greens
- 1 ½ Cups Corn
- 2 ¼ Cups Black Beans
- ¾ Cup Chopped Green Bell Pepper (2-3 bell pepper)
- 1 ½ Cups Diced Tomatoes (3 medium)
- 3 Avocados, Diced
- 3 sliced green onions
- Optional: 1 ½ cups tortilla strips

DRESSING INGREDIENTS:

- ½ Jalapeno Pepper, seeded and coarsely chopped
- ½ Clove of Garlic
- ¼ tsp. + 1/8 tsp. Minced Fresh Ginger Root
- 2 Tbsp. Lime Juice
- 2 Tbsp. + 2 tsp. Honey
- 1 tsp. Balsamic Vinegar
- 1/8 tsp. Salt
- 2 Tbsp. Packed Cilantro Leaves
- ¼ Cup Olive Oil

Preparation Instructions:

Place pepper, garlic and ginger into food processor, pulse until finely chopped. Pour in lime juice, honey, vinegar, salt, cilantro; pulse a few times to blend. Blend and slowly drizzle oil until incorporated into the dressing. Mix the cooked chicken, salad greens, corn, black beans, bell pepper, and diced tomatoes, ¾ of the avocados, and ¾ of the dressing together. Top with remaining avocados and drizzle the remaining dressing on top.

NUTRITION FACTS	
1 serving	
Calories	415 kcals
Total Fat	17 g
Saturated Fat	3 g
Cholesterol	71 mg
Sodium	471 mg
Potassium	1108 mg
Total Carbohydrate	34 g
Dietary Fiber	8 g
Protein	33 g