

STEAK & SPINACH SALAD

INGREDIENTS

ITEM	QUANTITY
Sirloin Steak	8 Oz.
Baby Spinach	3 Cups
Sliced Cucumber	½ Cup
Shredded Carrots	½ Cup
Diced Red Bell Pepper	¼ Cup
Sliced Green Onion Tops	2 Tbsps.
Shaved Parmesan Cheese	2 Tbsps.
Chopped Walnuts	2 Tbsps.
Balsamic Dijon Dressing	
Olive Oil	2 Tbsps.
Balsamic Vinegar	1 Tsp.
Dijon Mustard	1 Tsp.
Pure Maple Syrup	½ Tsp.
Garlic-infused Olive Oil	½ Tsp.
Fresh Lemon Juice	1 Tbsp.
Salt and Black Pepper, to taste	

SERVING SIZE **½ OF RECIPE**

PREPARATION

- Season the steak with salt and pepper.
- Heat a skillet over medium-high heat and cook the steak to your preferred doneness, approximately 3-5 minutes per side, depending on thickness.
- Allow the steak to rest for 5 minutes, then slice thinly against the grain.
- Whisk together the dressing ingredients.
- Divide the spinach between two bowls.
- Top with cucumber, carrots, red bell pepper, green onion tops, Parmesan, walnuts, and sliced steak.
- Drizzle with dressing and serve.

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