

Grilled Skirt Steak Salad With Creamy Avocado Dressing

Marinated and grilled Skirt Steak is placed atop a bed of lettuce, tomato, onion and green olives and drizzled with homemade avocado dressing.

INGREDIENTS

1-1/2 pounds beef skirt steak, cut into 4 to 6-inch pieces

Salt

8 cups mixed salad greens

2 large tomatoes, cut into wedges

1 cup thinly sliced red onion

1/2 cup pimento-stuffed green olives

1/4 cup fresh lime juice

1 tablespoon minced garlic

1 tablespoon chili powder

1 medium ripe avocado, coarsely chopped

3/4 cup water

1/4 cup fresh lime juice

1 peeled clove garlic

1/2 teaspoon salt



40 Min



6
Servings



42 Cal



24g
Protein

COOKING


1. Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Meanwhile place dressing ingredients in blender container. Cover; process until smooth. Cover and set aside.

4. Carve steaks diagonally across the grain into thin slices. Season with salt, as desired. Arrange salad greens on serving platter. Top with tomatoes, onion, olives and steak slices. Drizzle with half the dressing. Serve with remaining dressing, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		19g	49mg		12g	24g	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