

Grilled Beef Tri-Tip Salad With Balsamic Dressing

Craving a hearty salad? Beef Tri-Tip Roast is marinated in a tangy balsamic vinaigrette and cooked on the grill. Paired with greens and other colorful vegetables for the perfect plate.

INGREDIENTS

1 beef Tri-tip Roast (1-1/2 to 2 pounds)
1/2 cup balsamic vinaigrette
1-1/2 tablespoons Dijon-style mustard
1 tablespoon honey
6 cups arugula leaves
1 cup cherry tomatoes, halved
1/2 cup cooked sweet corn, chilled
1/4 cup diced red onion
1/2 cup reduced-fat feta cheese crumbles
1/4 teaspoon freshly ground black pepper



50 Min



8
Servings



42 Cal



25.1g
Protein

COOKING

1. Combine vinaigrette and mustard ingredients in small bowl. Place beef Tri-Tip Roast and 1/2 cup marinade to food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Stir in honey to remaining 1/4 cup marinade. Cover and refrigerate until ready to use.

2.

Remove roast from marinade; discard marinade. Pat dry with paper towel. Prepare gas grill for indirect cooking by lighting two thirds to one half your grill, leaving remainder off. When grill is hot (10 to 15 minutes), place roast directly above flames. Cover and sear all sides of roast, approximately 8 minutes each. Move roast to unlit area on grid. Cover and cook 14 to 16 minutes until medium rare (135°F) to medium (150°F) doneness, turning occasionally. Let stand 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium.

3. Combine arugula, tomatoes, corn, onions and feta in large bowl; toss gently. Place on large platter. Carve roast against the grain into 1/4-inch slices; season with salt, as desired. Top salad with steak. Drizzle with reserved dressing and pepper, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		12.8g	74mg		7.6g	25.1g	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