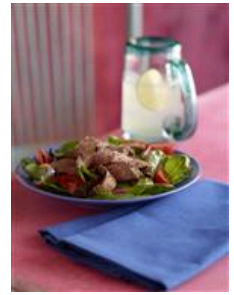


Sirloin Steak and Tomato Salad

Total Recipe Time: 30 to 35 minutes

1 beef Top Sirloin Steak Boneless, cut 3/4 inch thick (about 1 pound)
2 medium onions, cut into 1/2-inch thick slices
1/3 cup plus 1 tablespoon reduced-fat or regular balsamic vinaigrette, divided
1/2 to 1 teaspoon chipotle chile powder
12 cups mixed salad greens
4 medium tomatoes, cut into wedges
Salt and pepper



1. Brush onion slices with 1 tablespoon vinaigrette; set aside. Press chile powder onto beef steak. Place steak in center of grid over medium, ash-covered coals; arrange onions around steak. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill onions 13 to 15 minutes or until tender, turning occasionally.
2. Separate onion slices into rings. Carve steak into slices. Season beef and onions with salt and pepper, as desired.
3. Toss salad greens with remaining 1/3 cup vinaigrette and divide among 4 salad plates. Top with tomatoes, onions and beef.

Makes 4 servings

Nutrition information per serving: 266 calories; 8 g fat (2 g saturated fat; 2 g monounsaturated fat); 70 mg cholesterol; 381 mg sodium; 20 g carbohydrate; 6.5 g fiber; 30 g protein; 11.4 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.6 mg iron; 30.8 mcg selenium; 5.2 mg zinc; 110.7 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.

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