

## Veggies



# Grilled Steak Salad

A salad  
full of  
flavor!



### Ingredients:

- 1 head leaf lettuce
- 1 pear
- 1 apple
- 1 steak
- 1 small baguette

### Safety:

Ask a parent or guardian for help when using the grill or oven. Keep your fingers curled under when using the knife.

### Directions:

1. Grill or broil steak and slice into strips.  
This can also be done ahead of time.
2. Chop leaf lettuce and fruit into medium sized pieces.
3. Toast bread and slice into cubes.
4. Assemble into salad bowls.
5. Top each with a sprinkle of low-fat cheese and drizzle with 2 Tbsp of your favorite fat free dressing.

### Nutrition:

Recipe makes 4 servings

Each serving counts as 1 veggie and 0.5 fruits

Recipe created by Recipalooza 2011 participant "richu"

from the kitchen of  
**Playnormous**

