

## Playnormous Healthy Recipes

# GRILLED STEAK SALAD

Description: A simple yet satisfying salad.

Category: Lunch

Difficulty: Easy

Prep Time: 5 minutes

Cook Time: 20 minutes

### Ingredients:

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

### 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:

- This recipe makes 4 servings.
- Each serving counts as 1 veggie and 0.5 fruits.

### Safety:

- Ask a parent or guardian for help when using the grill or oven. Keep your fingers curled under while using the knife to avoid cutting your fingers.

Source: Created by Recipalooza 2011 participant “richu”

