

Beef & Sautéed Vegetable Salad

Servings: 4

Ingredients

Salad:

- 16 oz. of cooked *steak*, cut into strips
- 1 head of *romaine*, torn or chopped (or one package of ready to use torn romaine, or other salad mix)
- 1 medium *onion*
- 1 package mixed *bell pepper strips*
- 1½ oz. slivered *almonds*
- 1 oz. *raisins*
- ½ tsp. *cumin*
- ½ tsp *chili powder*

Dressing:

- 3 Tbl. *rice vinegar*
(Nakano Seasoned; should be 20 calories/Tbl., and 240mg Sodium/Tbl.)
- 4 Tbl. *Uncle Dan's Ranch Dressing* (made with light sour cream only; no mayonnaise)

Directions:

1. Make Uncle Dan's Ranch Dressing mix ahead of time, using package directions, but use ALL light sour cream, NO mayo.
(*This makes a perfect vegetable dip for carrots, celery, etc. In fact, it's what I always use when I make a veggie tray for entertaining.*)
2. Sauté *onion* and *pepper strips* over medium heat until onion is partly done (4 to 6-minutes), then add *beef*, *cumin* and *chili powder*, and cook another 2- to 3-minutes.
3. Cut and wash *romaine* (I use an Oxo Salad Spinner to dry it).
4. Add *nuts* and *raisins*.
5. Add *vinegar*, and *Uncle Dan's Dressing*.
6. Toss well and serve immediately by dividing between four plates, then topping each with 1/4th of the beef-vegetable mix.

Nutrition:

Salad (Serving size: ¼th Salad Recipe)

<i>calories</i> : 171	<i>protein</i> : 5.3g	<i>total carbohydrate</i> : 24.2g	<i>total fat</i> : 6.6g
<i>sugars</i> : 9g	<i>sodium</i> : 330mg	<i>saturated fat</i> : 1.2g	<i>dietary fiber</i> : 4.8g

Steak strips: (4 oz.)

<i>calories</i> : 215	<i>protein</i> : 34.5g	<i>total carbohydrate</i> : 0g	<i>total fat</i> : 7.4g
<i>sugars</i> : 0g	<i>sodium</i> : 71mg	<i>saturated fat</i> : 2.8g	<i>dietary fiber</i> : 0g