

Steak and Grilled Ratatouille Salad

Total Recipe Time: 45 to 50 minutes

Marinade Time: 6 hours or overnight

- 1 beef top round steak, cut 1 inch thick (about 1-1/2 pounds)
- 1 small eggplant, cut crosswise into 1/2-inch thick slices
- 2 large red or yellow bell peppers, cut lengthwise into quarters
- 1 medium zucchini, cut lengthwise in half
- 1 medium yellow squash, cut lengthwise in half
- 1/2 cup grape tomato halves
- 9 cups mixed baby salad greens
- Salt and ground black pepper
- Shaved Parmesan cheese

Marinade:

- 1/2 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 1 tablespoon Dijon-style mustard
- 4 cloves garlic, minced
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper



1. Combine marinade ingredients in small bowl. Place beef steak and 1/2 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Cover and refrigerate remaining marinade for salad.
2. Spray vegetables, except tomatoes, with nonstick cooking spray.
3. Remove steak from marinade; discard marinade. Place steak in center of grid over medium, ash-covered coals; arrange vegetables around steak. Grill steak, uncovered, 16 to 18 minutes (over medium heat on preheated gas grill, covered, 16 to 19 minutes) for medium-rare (145°F) doneness, turning occasionally. (Do not overcook.) Grill eggplant and bell peppers 12 to 15 minutes; zucchini and yellow squash 8 to 12 minutes (over medium heat on preheated gas grill, covered, eggplant 6 to 8 minutes; bell peppers, zucchini and yellow squash 7 to 11 minutes) or until tender, turning occasionally and basting with remaining reserved marinade.
4. Cut grilled vegetables into 1-inch pieces. Carve steak into thin slices. Toss lettuce, tomatoes and grilled vegetables with remaining 1/2-cup marinade. Divide vegetable mixture between 6 serving plates. Arrange beef steak slices over vegetables. Season with salt and pepper, as desired. Sprinkle with cheese, as desired.

Makes 6 servings.

Nutrition information per serving: 334 calories; 19 g fat (4 g saturated fat; 12 g monounsaturated fat); 61 mg cholesterol; 162 mg sodium; 12 g carbohydrate; 5.2 g fiber; 30 g protein; 6.2 mg niacin; 0.7 mg vitamin B6; 1.5 mcg vitamin B12; 4.1 mg iron; 31.4 mcg selenium; 5.4 mg zinc.

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

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