

THE HEALTHY BEEF COOKBOOK

MAIN DISH SALADS

FARMER'S MARKET VEGETABLE, BEEF & BROWN RICE SALAD

When reprinting recipes and photos, please credit:

“As seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc.”

Brown rice has a nutty flavor and is full of fiber and vitamins, making it a healthy foundation for this garden fresh salad.

Total preparation and cooking time: 50 minutes

Marinating time: 6 hours or overnight

- 1 beef top round steak, cut 3/4 inch thick (about 1 pound)**
- 1 teaspoon olive oil**
- 2 cups asparagus pieces (2-inch pieces)**
- 1 medium yellow squash, cut lengthwise in half, then crosswise into 1/4-inch thick slices**
- 3 cups hot cooked brown rice**
- 1 cup diced, seeded tomatoes**
- 1 cup canned garbanzo beans, rinsed, drained**
- 1/4 cup fresh basil, thinly sliced**
- 1/2 teaspoon salt**

Marinade:

- 1/4 cup olive oil**
- 2 tablespoons fresh lemon juice**
- 1 tablespoon minced garlic**
- 1 tablespoon honey**
- 2 teaspoons fresh thyme, chopped**
- 2 teaspoons chopped fresh oregano**
- 1/4 teaspoon salt**
- 1/8 teaspoon pepper**



1. Combine marinade ingredients in small bowl. Place beef steak and 1/4 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. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare doneness, turning once. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.
4. Carve steak into thin slices. Serve over rice salad.

Makes 4 servings.

Nutrition information per serving: 514 calories; 15 g fat (3 g saturated fat; 8 g monounsaturated fat); 61 mg cholesterol; 593 mg sodium; 60 g carbohydrate; 7.3 g fiber; 36 g protein; 8.6 mg niacin; 1.1 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 5.9 mg iron; 50.8 mcg selenium; 7.0 mg zinc.

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

Cook's Tip: To grill, place steak on grid over medium, ash-covered coals. Grill, uncovered, 8 to 9 minutes for medium rare doneness, turning occasionally.