

Mediterranean Steak Salad

Total Recipe Time: 25 to 30 minutes

12 ounces grilled beef steak, cut into slices
3 medium oranges
2 tablespoons olive oil
12 fresh figs, stems removed, cut into quarters
6 cups fresh baby spinach
1/2 cup drained canned chickpeas
1/2 cup thinly sliced red onion
1/2 cup coarsely chopped pistachio nuts
1/2 cup crumbled Gorgonzola cheese or other blue cheese



1. Grate peel and squeeze juice from 1 orange. Whisk 1/4 cup of orange juice, 1 tablespoon orange peel and oil in small bowl. Set aside. Peel and cut segments from remaining 2 oranges. Set aside.
2. Assemble salad by layering spinach, beans, onion, figs, orange segments and steak slices. Top with nuts and cheese. Drizzle with orange dressing.

Makes 4 servings

Cook's Tip: To cut segments from orange, cut off both ends of orange with paring knife. Stand orange on 1 cut end and slice vertically (top to bottom) to remove peel and white pith in strips. Follow curve of orange with paring knife to remove as little flesh as possible. Cut each segment free by slicing down on both sides of surrounding membranes.

Cook's Tip: Twelve dried figs may be substituted for fresh. Re-hydrate in hot water according to package directions before using. Cut figs into quarters and arrange in salad as directed above. Or, 1 pound peaches, nectarines or sweet plums, cut into eighths or fresh pineapple cut into 1-inch chunks may be substituted.

Nutrition information per serving, using top sirloin steak: 509 calories; 24 g fat (7 g saturated fat; 11 g monounsaturated fat); 62 mg cholesterol; 334 mg sodium; 42 g carbohydrate; 8.0 g fiber; 35 g protein; 8.4 mg niacin; 1.0 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.4 mg iron; 32.4 mcg selenium; 5.5 mg zinc.

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