



Grilled Steak and Peppers Salad with Pears

Serves: 4

Ingredients:

2 cups (4 oz.) whole-wheat rotini pasta, uncooked
1 yellow bell pepper
1 red bell pepper
½ tsp olive oil
12 oz. boneless choice beef top sirloin
2 Bartlett pears
3 cups arugula
¼ cup crumbled



Directions:

In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water. Heat grill, rub peppers with ½ tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 °F, turning once. Remove from grill, let cool slightly. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Nutrition Facts: Calories, 360; Calories from fat, 110; Total fat, 12g; Saturated fat, 4g; Trans fat 0g; Cholesterol, 65mg; Sodium, 330mg; Total Carbohydrate, 44g; Fiber, 7g; Protein, 27g; Vit. A, 40%; Vit. C, 250%; Calcium, 10%; Iron, 15%.

Source: www.choosemyplate.gov



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