### The Healthy Beef Cookbook - Main Dish Salads

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 hours or as long as overbeans, 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 night. 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.

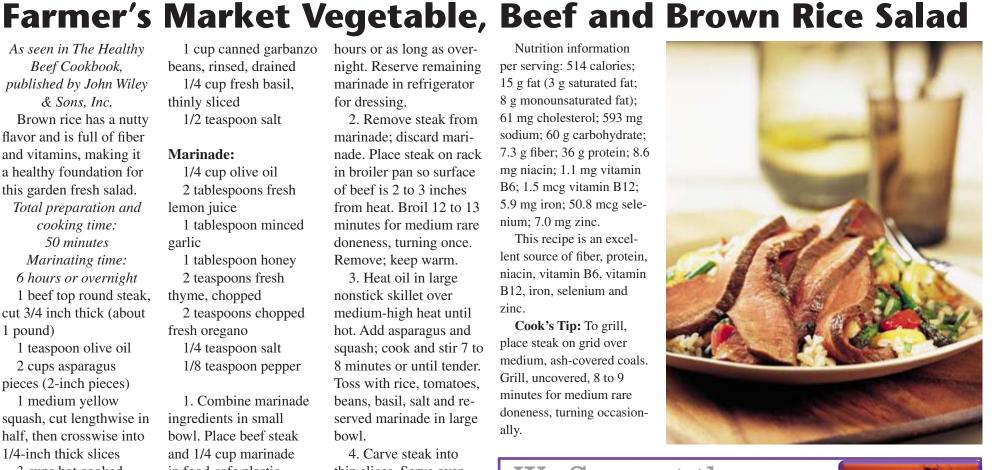
4. Carve steak into thin slices. Serve over rice salad.

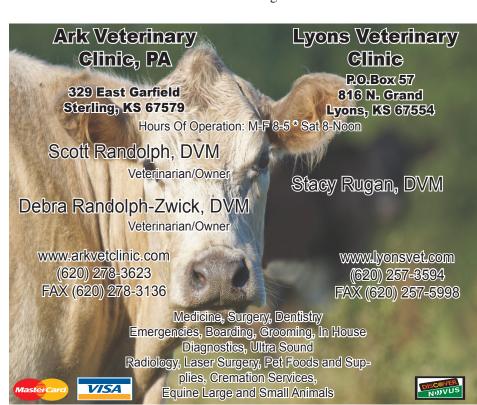
Makes 4 servings.

### 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

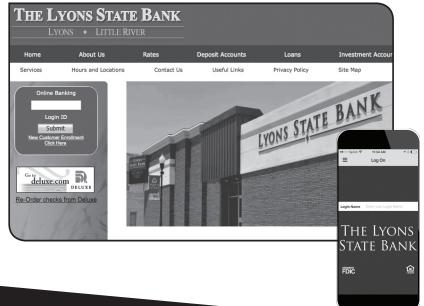
Cook's Tip: To grill, place steak on grid over medium, ash-covered coals. Grill, uncovered, 8 to 9 minutes for medium rare doneness, turning occasionally.











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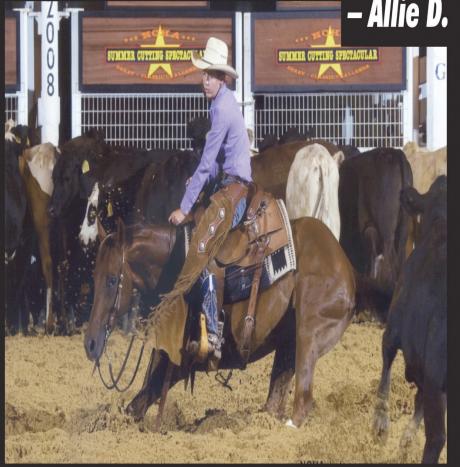
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