

The Healthy Beef Cookbook - Main Dish Salads

Farmer's Market Vegetable, Beef and Brown Rice Salad

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.



Ark Veterinary Clinic, PA
Lyons Veterinary Clinic
Scott Randolph, DVM
Debra Randolph-Zwick, DVM
Stacy Rugan, DVM
www.arkvetclinic.com
www.lyonsvet.com
Medicine, Surgery, Dentistry
Emergencies, Boarding, Grooming, In House Diagnostics, Ultra Sound
Radiology, Laser Surgery, Pet Foods and Supplies, Cremation Services, Equine Large and Small Animals

We Support the Kansas Beef Industry
Livestock Loans
Equipment Loans
Operating Loans
Agricultural Leases
Real Estate Loans
Competitive Rates
Prompt Professional Loan Officers
First Bank
make life better
www.first-bank.net
NOW BANK WITH US ON THE ROAD OR IN THE FIELD WITH FIRST MOBILE FREE APP
Sterling - 888-906-3125; Lyons - 888-906-3126; Chase- 888-906-3127

It's HERE!

THE LYONS STATE BANK
LYONS * LITTLE RIVER
Home About Us Rates Deposit Accounts Loans Investment Account
Services Hours and Locations Contact Us Useful Links Privacy Policy Site Map
Online Banking
Login ID
Submit
New Customer Enrollment Click Here
Get it on the app store
deluxe.com
Re-Order checks from Deluxe
THE LYONS STATE BANK
FDIC

NEW Look & Features!
Text Banking: Receive text message balance alerts
New Mobile App: Sign up for internet banking first
Mobile Banking: Fully functional banking via smart phone
Mobile Deposit Capture: Deposit checks using your smart phone. (fees and restrictions may apply)
THE LYONS STATE BANK
lyonsstatebank.com
littleriverstatebank.com
MEMBER FDIC
800.656.2313
EQUINE LENDER

My dad always says,
"The tougher the cut ... the more important the partner."
- Allie D.
The livestock industry has never been more turbulent or as volatile as it is today. The choice of a solid partner can mean the difference between success and failure in your feeding program. At Sellers Feedlot, we are committed to the success of the customers we proudly serve and strive daily to be a 'Cut Above the Best'.
Sellers Feedlot
1420 Avenue N • Lyons, Kansas 67554
Steve and Judy Sellers, Owners
Kevin Dwyer, General Manager
(620) 257-5144 • www.sellersfeedlot.com