



## London Broil Salad Recipe

Looking for a decadent salad to impress your guest or simply to treat yourself, give this a try. The steak is lean and has a good amount of protein to create a healthy salad. Grill or pan sear, this is made in very little time. Marinate the meat first for great flavor and to make more tender meat.

Prep Time: 2 hrs.

Cook Time: 15 min

**Ready In: 2 hrs 15 min.**

**Serving Size:** 4 servings

### Ingredients

- ✓ 1 lb London Broil Steak
- ✓ ¼ cup teriyaki sauce
- ✓ ¼ cup red wine
- ✓ ¼ worcestershire sauce
- ✓ 4 tbs sugar
- ✓ 6 cup lettuce mix
- ✓ 1 cucumber
- ✓ 1 tomato
- ✓ 1 avocado
- ✓ 1 orange or yellow bell pepper
- ✓ 10 green olives (optional)
- ✓ 2 tsp. smoked paprika
- ✓ 2 tsp. fresh crushed black pepper
- ✓ 1 tsp garlic powder

### Directions

1. Mix teriyaki, red wine, worcestershire sauce and sugar in a small bowl, put mixture and London broil in large zip-lock bag and refrigerate for at least 2 hours.
2. Bring steak to room temperature before grilling. Remove steak from marinade, letting excess drip off. Place London broil on large plate add half of smoked paprika, pepper, and garlic powder to each side of steak.
3. Cook on grill (or pan sear) until desired doneness. Grill on an oiled rack set 5 to 6 inches over glowing coals, 7 to 9 minutes on each side for medium-rare.
4. Transfer steak to a cutting board and let stand for 5 to 10 minutes.

5. While cooling, get out 2 dinner plates add ½ of lettuce mixture to each plate. Add ½ of cucumber, bell peppers, avocado, tomato, and olives to each plate. (*continued on next page*)
6. Cut steak into ¼ inch thick strips that are roughly 2 inches long and add to top of salad.
7. Add your favorite dressing.

**Nutrition**

*Amount per serving*

- ❖ Calories: 394
- ❖ Total Fat: 12 g
- ❖ Total Carbs: 24 g
- ❖ Protein: 43 g
- ❖ Cholesterol: 100 mg
- ❖ Sodium: 800 mg