

Flank Steak Salad Plate with Cucumber Dressing

NUTRITION DATA

Serving Size: 1 salad 305 g

Amount Per Serving:

Calories: 217

Calories from Fat: 65

% Daily Value*

Total Fat	7.2 g.....	11%
Saturated Fat	2.9 g.....	14%
Trans Fat	NA	
Cholesterol.....	45.1 mg.....	15%
Sodium.....	165.3 mg.....	7%
Total Carbohydrate.....	12.5 g.....	4%
Dietary Fiber	3.1 g.....	0%
Sugars	4.6 g	
Protein.....	25.6 g	
Vitamin A.....		141%
Vitamin C.....		48%
Calcium		7%
Iron.....		14%

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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INGREDIENTS:

2 tbsp. Chablis Wine
1 tbsp. Fresh Ginger Root (Grated)
1 tbsp. + 1/2 tsp. Low Sodium Soy Sauce
1 tbsp. Honey
1/4 tsp Garlic Powder
8 oz. Flank Steak, Raw
1 1/4 oz. Fresh Cucumbers (Peeled, seeded, diced)
1 tbsp. + 3/4 tsp Fat Free Sour Cream

2 1/4 tsp. Buttermilk
1 1/2 tsp Prepared Horseradish
3/8 tsp. Fresh Tarragon Leaves (Chopped)
3/8 tsp. White Wine Vinegar
1/8 tsp. Garlic Powder
4 1/2 oz. Romaine Lettuce (Shredded)
2 1/2 oz. Fresh Mushrooms (Sliced thin)
3 3/4 oz. Fresh Cherry Tomatoes (Cut in half)
2 oz. Fresh Red Onions (Sliced thin)

DIRECTIONS:

1. Combine wine, ginger, soy sauce, honey and garlic powder for marinade. Mix until well blended.
2. Pour marinade over flank steak, turning to evenly coat. Marinate for at least 4 hours. Drain and discard excess marinade. Spray surface of steak with nonstick spray.
3. Place steak on open charbroiler. Cook for 5 to 7 minutes on each side. Slice thin across the grain.
4. Combine cucumber, sour cream, buttermilk, horseradish, tarragon, vinegar and garlic powder for dressing. Mix until well blended.
5. Place 1 cup of lettuce on each serving plate. Top with the following: 1/2 cup mushrooms, 1/3 cup tomato, 1/4 onion, 3 oz. steak slices.
6. Serve with 2 oz. ladle dressing in soufflé cup on the side.

Portion: Serve 1 salad plate

Yield: 2 salads



ST. JOHN DETROIT RIVERVIEW HOSPITAL

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SHOPPING LIST

- Flank Steak
- Fresh Cucumbers
- Romaine Lettuce
- Fresh Mushrooms
- Fresh Cherry Tomatoes
- Fresh Red Onions
- Fresh Ginger Root
- Fresh Tarragon Leaves
- Chablis Wine
- White Wine Vinegar
- Buttermilk
- Fat Free Sour Cream
- Prepared Horseradish
- Honey
- Low Sodium Soy Sauce
- Garlic Powder



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