

# Eating Clean Recipes

## Steak Salad

Salads covered in ranch dressing at a restaurant are your worst enemy! Instead, why not try your hand at creating a simple steak salad, covered with a homemade balsamic vinaigrette dressing, that's not only good for you, but will make sure to keep you full.



### Ingredients:

#### Salad

- 1 lb of your choice of steak, chicken or tuna
- 5 oz baby spinach leaves
- 3 oz baby romaine lettuce
- 2 oz baby arugula chopped, mixed, rinsed and drained

½ cup red onion, sliced thin

½ cup cucumber, sliced very thin

1 large avocado, sliced

½ cup cherry tomatoes

## **Homemade Balsamic Vinaigrette Dressing**

¼ cup olive oil

3 tablespoons balsamic vinegar

1 teaspoon grainy spicy mustard

A dash of ground cumin

¼ teaspoon crushed red pepper flakes

¼ cup apple cider vinegar

2 garlic cloves, minced

Salt & freshly ground black pepper to taste

¼ teaspoon dried oregano

¼ teaspoon dried basil

¼ teaspoon parsley

## **Instructions:**

Grill 1 pound of steak (or whatever protein you like) on a BBQ or in a pan (use cooking spray).

Add a little bit of salt, pepper and garlic powder to your protein.

Cook, slice and set the protein to the side.

Now place the spinach, romaine, arugula, cucumber, tomatoes and onions in a salad bowl and mix.

Top with steak and avocado.

Put all of the homemade balsamic vinaigrette dressing ingredients in a jar and shake it up very well.

Drizzle the dressing over the salad.