



Chopped Grilled Steak Harvest Salad

Prep: 20 minutes

Grill: 10 minutes • Serves: 4

Cider-Mustard Dressing

- 2 garlic cloves, crushed with press
- 1 medium shallot, finely chopped
- ¼ cup PICS apple cider vinegar
- 3 tablespoons coarse ground mustard
- 1½ tablespoons PICS honey
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ cup PICS olive oil

Steak Harvest Salad

- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon PICS garlic powder
- 1 sirloin steak (about 1¼ pounds)
- 1 medium fennel bulb, quartered
- 1 tablespoon PICS olive oil
- 2½ bags (9 ounces each) hearts of romaine
- 2 large carrots, halved lengthwise, then cut crosswise into ¾-inch pieces
- 1 large Empire, Gala or McIntosh apple, cored, cut into 1-inch pieces
- ½ small red onion, thinly sliced
- 1 package (4 ounces) chèvre (goat cheese), crumbled
- ¼ cup salted roasted pepitas

1. Prepare Cider-Mustard Dressing: Prepare outdoor grill for direct grilling over medium-high heat. In small bowl, whisk garlic, shallot, vinegar, mustard, honey, salt and pepper; whisking constantly, slowly drizzle in oil. Makes about 1 cup.

2. Prepare Steak Harvest Salad: In small bowl, combine salt, pepper and garlic powder. Rub steak and fennel with oil; sprinkle with salt mixture. Place steak and fennel on hot grill rack; cover and cook steak 10 minutes or until internal temperature reaches 140° for medium-rare, turning once halfway through cooking; cook fennel 4 minutes or until lightly charred and crisp-tender, turning once halfway through cooking.

3. Transfer steak and fennel to cutting board; loosely tent steak with aluminum foil and let stand 10 minutes. (Internal temperature will rise 5 to 10° upon standing.) Cut fennel into ¾-inch pieces; discard core. Cut steak into ½-inch-thick slices.

4. In large bowl, toss lettuce, carrots, apple, onion, fennel and ½ cup dressing until well combined; serve topped with chèvre, pepitas and steak.

Approximate nutritional values per serving:

570 Calories, 37g Fat (10g Saturated), 87mg Cholesterol, 722mg Sodium, 24g Carbohydrates, 6g Fiber, 38g Protein