



## London Broil & Sweet Corn Chopped Salad

**Prep: 15 minutes plus standing**

**Broil: 25 minutes • Serves: 8**

- ¾ cup French dressing
- 1 tablespoon Dijon mustard
- 1 tablespoon Montreal steak seasoning
- 1 tablespoon red wine vinegar
- 1 top round London broil (about 2 pounds)
- 1 small leek, white and light green parts thinly sliced
- 2 bags (9 ounces each) leafy green romaine
- 2 cups halved red, orange, and/or yellow grape tomatoes
- ½ cup fresh sweet corn kernels
- ½ cup loosely packed chopped fresh basil, cilantro and/or parsley
- ½ cup chopped red onion
- ½ teaspoon fresh ground black pepper for garnish

**1.** In small bowl, whisk ¼ cup dressing, mustard, seasoning and vinegar. Place London broil in large zip-top plastic bag; pour marinade over London broil. Seal bag, pressing out excess air; refrigerate at least 2 or up to 24 hours. .

**2.** In medium microwave-safe bowl, cook leek and 3 tablespoons water in microwave oven on high 2 minutes or until tender, stirring every 30 seconds; drain.

**3.** Place oven rack 8 inches from broiler; preheat broiler to high. Remove London broil from marinade, pat dry and place on rimmed baking pan; discard marinade. Broil 25 minutes or until internal temperature reaches 135°, turning once; transfer to cutting board and tent with aluminum foil. Let London broil stand 10 minutes (internal temperature will rise to 145° upon standing for medium-rare); slice against the grain.

**4.** In large bowl, toss lettuce, tomatoes, corn, herbs, onion and leek. Serve salad topped with London broil drizzled with remaining ½ cup dressing and sprinkled with pepper.

*Approximate nutritional values per serving:*

*287 Calories, 14g Fat (3g Saturated), 73mg Cholesterol, 596mg Sodium, 13g Carbohydrates, 2g Fiber, 7g Sugars, 28g Protein*

### Chef Tip

London broil can also be grilled over medium-high heat about 18 minutes or until internal temperature reaches 135°, turning once.