



Steak, Sugar Snap Pea & Barley Salad

Ingredients:

- 1 pound beef top round steak, cut 1-inch thick
- 1/4 cup prepared lowfat vinaigrette
- 2 cups fresh sugar snap peas
- 2 cups cooked barley
- 1 cup yellow and red grape or teardrop tomatoes, halved
- 3 cloves garlic, minced
- 1 teaspoon pepper

Gremolata Dressing:

- 1/4 cup prepared lowfat vinaigrette
- 2 tablespoons chopped fresh parsley
- 2 teaspoons grated lemon peel
- 1/4 teaspoon pepper

Makes: 4 servings.

Prep Time: 6 hours to Overnight

Grill Time: 30 minutes



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Directions:

1. Combine Gremolata Dressing ingredients in small bowl until well blended, refrigerate until ready to use.
2. Place beef steak and 1/4 cup vinaigrette in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
3. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, cooked barley and tomatoes in large bowl; toss with dressing and set aside.
4. Preheat grill to medium.
4. Remove steak from marinade; discard marinade. Combine minced garlic and 1 teaspoon pepper; press evenly onto steak.
5. Place steak on grid and grill, uncovered, about 16 to 18 minutes for medium rare doneness, turning once. (Do not overcook.)
6. Carve steak into thin slices, season with salt, as desired. Add steak slices to barley mixture.

Makes: 4 servings.

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Grill Time: 30 minutes



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Recipe and photo courtesy of The Beef Checkoff.