



NUTRITIONAL WEIGHT & WELLNESS, Inc.
educating and counseling people to better health

Balsamic Steak Gorgonzola Salad

Combine:

8 cups field greens

4 cups cherry tomatoes – halved

18 oz balsamic marinate sirloin – grilled and thinly sliced

4 oz gorgonzola cheese – crumbled

Dressing

Mix 4 tablespoons olive oil

juice of 1 lime

juice of 1 orange

sea salt – to taste

1 garlic clove – finely diced

Balsamic-Marinated Sirloin

1 ¼ lbs. tip sirloin steak

¼ cup balsamic vinegar

2 Tbsp Olive Oil

1 Tbsp chopped fresh basil

1 ½ tsp Dijon-style mustard

1 clove garlic, crushed

1. Combine all ingredients, except steak.
2. Marinate the beef in 1/3 cup of the Balsamic Marinade for 30 minutes.
3. Place the steak on grill over medium heat. Grill for about 20 minutes, turning occasionally, to cook to medium-rare to medium doneness.
4. Use the remaining marinade to baste vegetables of your choice. (FYI: asparagus is very tasty with this Balsamic Marinade.)

~ adapted from *America's Favorite Beef Recipes* cookbook