

Beef Salad with Greens and Raw Asian Vinaigrette
(serves 4)

1 lb. skirt steak
2 tsp. olive oil
1 shallot minced
3C mixed baby greens (or romaine works well)
1C bean sprouts
1/2 C sliced cucumber
1 carrot shredded
Vinaigrette:
3/4C water
2 whole carrots peeled and sliced
3 slices of ginger not peeled
1/4 can of low fat coconut milk (water is optional)
1T lime zest and juice mix
3T rice wine vinegar
1T sesame oil
S and P to taste

1. Rub the steak with olive oil, shallot and season with salt and pepper.
2. Broil on high for 5 minutes on each side and allow to rest until cooled.
3. For vinaigrette: add water, carrots, ginger and lime to blender and puree until smooth.
4. Add coconut milk and continue to puree, add vinegar and drizzle in sesame oil,
TASTE.
5. Dress the greens, cucumber and carrot with vinaigrette and slice beef very thin. Lay the beef on top of salad and serve more dressing on the side.