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Veg, meat and salad all on one plate? What could be easier. This is a great dinner for a warm summer evening, too.

Grilled Steak Salad

Serves 4 Adapted from bhg.com

1 Tbsp Dijon mustard

4 c apple cider vinegar

1 tsp sugar, or to taste

4 c olive oil

2 Tbsp plain Greek yogurt

12 oz flank steak or skirt steak

2 c refrigerated shredded hash brown potatoes

4 oz smoked cheddar cheese, grated

1 head romaine or iceberg lettuce

(optional garnish) corn kernels, red onion, grape tomatoes, cucumber slices

- 1. Preheat broiler. Generously grease a 13x9x2" baking pan and set aside.
- 2. Prepare the dressing: whisk together the mustard, vinegar, and sugar, then slowly whisk in the olive oil. Lastly, stir in the yogurt to make a smooth sauce. Taste and add more sugar or season with salt and pepper to your preference. Set aside.
- 3. Lightly brush the steak with high heat oil (such as rice bran oil) and season with salt and pepper. Preheat a grill pan over medium-high heat. Cook steak 12 to 14 minutes to medium, turning once. Rest the steak, tented with foil, for 5-10 minutes, then slice into strips.
- 4. Meanwhile, toss together the potatoes and cheese; spread in pan. Broil 3 to 4 inches from the heat for 6 to 8 minutes or until golden brown and crisp. Remove from pan; cut in pieces.
- 5. Remove core from lettuce; cut crosswise into four pieces or coarsely chop. Divide among four plates and garnish if desired with small tomatoes, bits of cucumber, a handful of corn kernels, or some thinly sliced red onion, then arrange potatoes and steak around the salad. Pass the dressing.

Shopping List: flank or skirt steak, refrigerated shredded hash brown potatoes, smoked cheddar cheese, romaine or iceberg lettuce, optional grape tomatoes and cucumber

Equipment Needed: Cutting board and knife, bowls and mixing spoons, whisk, tongs, grater, thermometer, stove-top grill pan, measuring spoons and cups, silicone brush. 13x9 baking dish

<u>Pantry Staples</u>: olive oil, rice bran oil, plain yogurt (Greek), apple cider vinegar, Dijon mustard, sugar, salt and pepper.