



Palatable

Grilled Steak & Vegetable Salad

🕒 Prep: 15m • Cook: 21m • Total: 36m

👤 4

Ingredients

Steak and Marinade

- 1 boneless beef top loin or top sirloin steak, cut 1 inch thick (~ 1 lbs)
- 1/2 cup Italian dressing

Salad

- 1 of each Green, Yellow, and Red bell peppers
- 1 pkg. of fresh Portobello mushroom caps
- 1/3 cup Italian Dressing
- 1 pkg. Spring Mix salad blend of baby greens
- 1/4 cup grated fresh Parmesan cheese

Instructions

1. Place steak and marinade in resealable plastic food storage bag. Toss to till coated.
2. Marinate in refrigerator for 30 mins. Turn once
3. Cut bell peppers into quarters, remove membranes and seeds.
4. Brush bell peppers and mushrooms with dressing.
5. Grill vegetables for 6-8 mins or until crisp-tender. Turn halfway through grilling
6. Remove steak from marinade and grill steak for 15-18 mins or until steak is medium/medium rare.
7. Carve steak diagonally into thin slices
8. Slice vegetables
9. Layer greens, vegetables, then steak.
10. Sprinkle with Parmesan cheese and serve

🔗 Source: [🔗](#)