

# RECIPE

## Grilled Steak and Peppers Salad with Pears

Start to Finish: 30 minutes Servings: 4

### Ingredients:

- 2 cups whole-wheat rotini pasta, uncooked
- 1 yellow bell pepper
- 1 red bell pepper
- ½ teaspoon olive oil
- 12 oz. boneless choice beef top sirloin
- 2 Bartlett pears
- 3 cups arugula
- ¼ cup crumbled Gorgonzola cheese

### Vinaigrette

- 1 tablespoon olive oil
- 3 tablespoons distilled vinegar
- ¼ cup 100% white grape juice or apple juice
- ¼ tsp salt (optional)
- 1 tbs Italian herb blend, salt-free

### Directions:

1. In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water.
2. Heat grill, rub peppers with ½ tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble.
3. At the same time, grill beef sirloin to 145 F, turning once. Remove from grill, let cool slightly.
4. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl. To serve, evenly divide pasta and arugula mixture onto four plates. Arrange beef, peppers and pears on top, drizzle with vinaigrette and sprinkle with crumbled Gorgonzola cheese.



### Nutrition Information Per Serving:

390 Calories; 12 g Total Fat; 4 g Saturated Fat; 330 mg Sodium; 27 g Protein; 7 g Dietary Fiber; 44 g Carbohydrates; 65 mg Cholesterol; 15 g Sugar