

Grilled Steak and Peppers Salad with Pears



Salad

2 cups (4 oz.) whole grain rotini pasta, uncooked
1 yellow bell pepper
1 red bell pepper
1/2 teaspoon olive oil
12 oz. boneless choice beef top sirloin
2 pears, cored and sliced thin
3 cups arugula
1/4 cup crumbled Gorgonzola cheese

Vinaigrette

1 Tablespoon olive oil
3 Tablespoons white distilled vinegar
1/4 cup 100% white grape juice or apple juice
1/4 teaspoon salt (optional)
1 Tablespoon salt-free Italian herb blend

Instructions: In a small bowl, whisk all vinaigrette ingredients; set aside. Boil water and cook pasta according to package instructions; drain. Heat grill. Rub peppers with 1/2 teaspoon olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145°F, turning once. Remove from grill, let cool slightly. 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-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

Yield: 4 servings

Nutrition Facts (per serving): 360 calories, 12 grams fat, 330 milligrams sodium, 44 grams carbohydrate, 7 grams fiber, 27 grams protein