

Steak and Spring Greens with Orange Curry Vinaigrette

Serves 4

- ▶ 2 tablespoons sliced almonds
- ▶ 2 tablespoons sweetened shredded coconut
- ▶ 1 pound beef tenderloin steaks, cut 1 inch thick 1 package (10 ounces) mixed spring salad greens (about 8 cups)
- ▶ 1 cup chopped orange segments % cup thin red onion slivers

In a large nonstick skillet, dry-roast the almonds and coconut over medium-high heat for 2 minutes, or until light golden brown, stirring constantly. Remove from the skillet and set aside.

Reheat the skillet over medium heat. Place the steaks in the skillet. Cook for 10 to 13 minutes for medium-rare to medium doneness, turning occasionally. Let stand for 5 minutes.

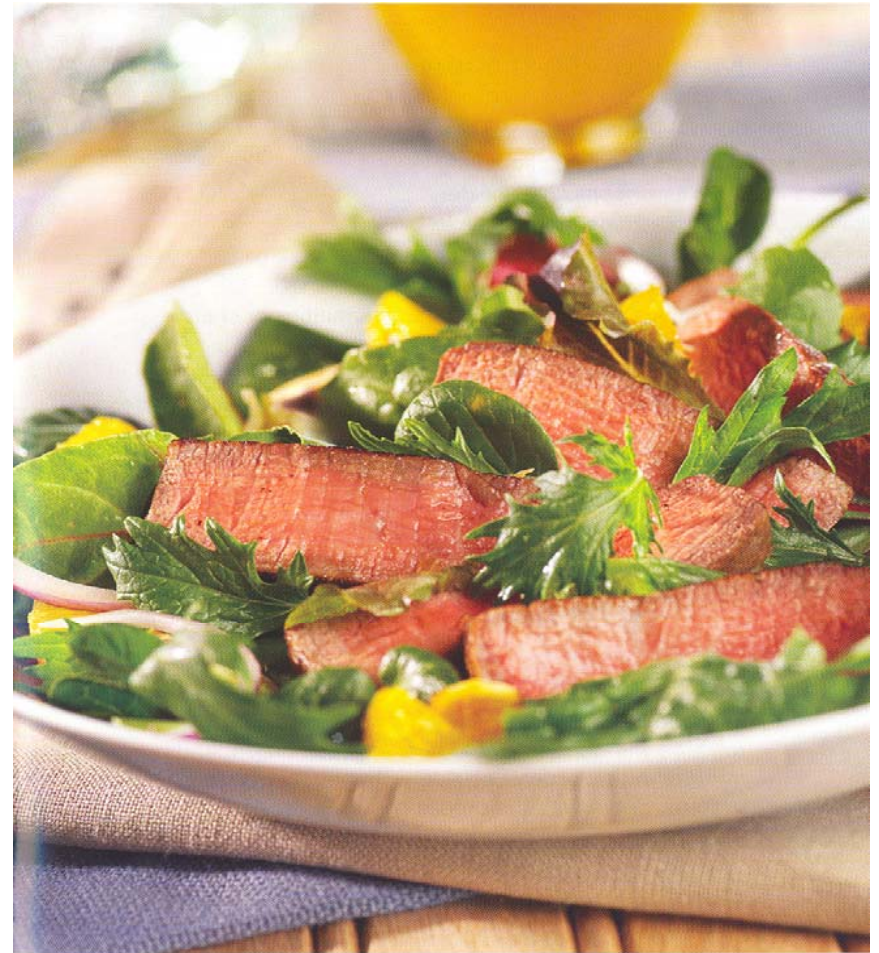
Meanwhile, prepare the vinaigrette (recipe follows).

To serve, carve the steaks into slices. Place the spring salad greens on a large platter. Arrange the orange segments, onion, and beef on top. Sprinkle with the almonds and coconut. Serve with the vinaigrette.

Orange Curry Vinaigrette

- ¼ cup fresh orange juice
- 3 tablespoons honey
- 2 tablespoons fresh lemon juice
- 1 tablespoon cider vinegar
- ½ teaspoon curry powder
- ½ teaspoon orange zest
- ¼ teaspoon crushed red pepper flakes
- 1/8 teaspoon salt

Whisk all ingredients together.



DIETARY EXCHANGES ½ Fruit, 1 Other Carbohydrate, 3 Lean Meat

NUTRIENTS PER SERVING Calories 297; Total Fat 10 g; Saturated Fat 3.8 g; Polyunsaturated Fat 0.7 g; Monounsaturated Fat 3.9 g; Carbohydrates 26 g; Fiber 3.4 g; Cholesterol 67 mg; Protein 27 g; Sodium 151 mg; Niacin 7.9 mg; Vitamin B₆ 0.6 mg; Vitamin B₁₂ 1.4 mg; Selenium 30.6 mg; Zinc 5.1 mg; Iron 3.0 mg

This recipe is an excellent source of protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, and zinc, and a good source of fiber and iron.