

Beef Salad with Fresh Basil Dressing

Source: Better Homes and Gardens

Start to Finish: 30 minutes

1/2 C buttermilk
3 TBS reduced-calorie mayonnaise OR salad dressing
1 TBS snipped fresh basil OR 1 tsp dried basil, crushed
1 TBS lemon juice
1 tsp sugar
Dash pepper
6 C torn mixed greens
8 oz lean cooked beef, cut into thin strips
1 small parsnip, thinly sliced
1 medium carrot, thinly sliced
1/2 small zucchini, sliced
1/2 C broccoli flowerets
1/2 (16 oz) can julienne beets, well drained

1. For the dressing, in small mixing bowl stir together buttermilk, mayonnaise or salad dressing, basil, lemon juice, sugar and pepper. Cover/chill in refrigerator.

2. For salad, toss together mixed greens, beef, parsnip, carrot, zucchini + broccoli. Add chilled dressing and toss to coat - spoon onto 4 individual serving plates. Garnish with drained beets.

Make ahead tip: Prepare dressing; cover and chill up to 2 days.

Makes: 4 servings.

[Nutritional facts per serving: calories: 212, total fat: 9g, cholesterol: 53mg, sodium: 254mg, carbohydrate: 13g, protein: 20g]