

## **Grilled Beef, Red Onion and Blue Cheese Salad**

The natural sweetness of red onions is intensified when the onions are brushed with a balsamic vinaigrette and grilled alongside sirloin steak. Aromatic grilled herb bread makes a perfect go-along to this crisp and hearty main-dish salad.

Source: Better Homes and Gardens

Prep: 15 minutes Grill: 8 minutes

- 2 TBS olive oil
- 3 TBS balsamic vinegar
- 1 clove garlic, minced
- 1 boneless beef sirloin steak, cut 1" thick (about 3/4 lb)
- 1 TBS snipped fresh thyme
- 2 tsp snipped fresh rosemary
- 4 1/4" thick slices red onion
- 6 C lightly packed mesclun or torn mixed salad greens
- 2 TBS crumbled Gorgonzola or blue cheese
- 8 yellow and/or red pear tomatoes, halved

1. For vinaigrette, in a screw-top jar combine oil, vinegar, garlic, 1/2 sp salt + 1/2 tsp pepper; cover and shake well. Trim fat from steak. Remove 1 TBS vinaigrette from jar - brush evenly onto both sides of steak. Press thyme + rosemary onto both sides of steak - brush both sides of onion slices with some of remaining vinaigrette, reserving the rest; set aside.

2. Grill steak on rack of uncovered grill directly over medium heat to desired doneness, turning once. (Allow 8-12 minutes for medium-rare and 12-15 minutes for medium) For last 10 minutes of grilling, place onions on grill rack beside meat. Grill onions till tender, turning once.

3. Divide greens among 4 dinner plates. To serve, thinly slice steak across the grain. Separate onion slices into rings. Arrange warm steak and onions atop greens. Drizzle with reserved vinaigrette. Top with cheese and tomatoes.

Makes: 4 servings.

[Nutritional facts per serving: calories: 266, total fat: 16g, saturated fat: 5g, cholesterol: 59mg, sodium: 373mg, carbohydrate: 9g, fiber: 2g, protein: 22g, vitamin A: 7%, vitamin C: 28%, calcium: 4%, iron: 22%]