

STEAK SALAD WITH RASPBERRY BALSAMIC SALSA



Ingredients

Steak:

- 16 ounces grass-fed NY Strip Steak
- 1 Tbs unfiltered, extra-virgin olive oil
- 1 clove garlic, crushed
- 1/2 lemon, juiced
- Pink Himalayan salt, to taste
- Fresh-ground pepper, to taste
- 1 Tbs avocado or coconut oil for panfrying

Raspberry Salsa:

- 1 cup raspberries, chopped
- 2 Tbs fresh basil, chopped
- 1/4 cup red onion, finely chopped
- 1/4 cup balsamic vinegar (NO sugar added)

Salad:

- 1 cup of lettuce
- 1/4 cup sweet onion
- 1/4 cup green pepper
- 1/2 cup tomatoes
- (Or substitute veggies you like)

Directions

In a bowl mix together olive oil, garlic, salt, pepper, and lemon. Pour mixture over steak and set aside.

In a bowl combine chopped raspberries, onion, and basil. Heat balsamic vinegar in a skillet until it starts to lightly simmer. Add raspberry mixture and mix for 1 minute until raspberries soak up balsamic vinegar. Remove, place in bowl and set aside.

In a cast iron or stainless-steel skillet, heat oil until hot. Add steak and cook until done (approx. 5-7 minutes on each side). Remove from heat, let rest for 5 minutes and cut steak into thin slices.

Assemble salad, add steak and top with raspberry salsa.

Serving Size: 3 ounces steak; 2 cups salad