

EDIBLE PAINT

Recipe For
May 2016

FLAT IRON STEAK AND SPINACH SALAD

PREP TIME: 25 MINUTES
COOK TIME: 25 MINUTES
YIELD: 6-8 SERVINGS

INGREDIENTS

1 (2 pound) flat iron steak	3 large red bell peppers, cut into 1/2 inch strips
Salt and ground black pepper to taste	2 portobello mushrooms, sliced
2 tablespoons olive oil	1/2 cup red wine
1 large red onion, thinly sliced	4 cups baby spinach leaves
1/2 cup Italian salad dressing	1/2 cup crumbled blue cheese

DIRECTIONS

Preheat an outdoor grill for medium-high heat; lightly oil the grate. Season the flat iron steak on both sides with salt and pepper. Cook to desired degree of doneness on preheated grill, about 5 minutes per side for medium-rare. Let rest in a warm area while proceeding with the recipe.

Heat olive oil in a large skillet over medium-high heat. Stir in the onion, and cook until it begins to soften, about 4 minutes. Pour in the Italian salad dressing, and bring to a boil, then stir in the red peppers and mushrooms. Reduce heat to medium, and cook until the peppers are tender, about 5 minutes.

Remove the vegetables from the skillet with a slotted spoon, and set aside. Increase the heat to medium-high, and add the red wine. Simmer the salad dressing and wine until it has reduced to a syrupy sauce, about 5 minutes.

NOTES

You can change up the seasonings to your own taste, add less or more hot sauce, etc.



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Recipe Source: All Recipes