

Recipe

Food Rx

Steak and Spinach Salad

Serving: 1

1 4–5-ounce New York Strip
Steak

1/2 teaspoon minced garlic

1/8 teaspoon salt

1/2 teaspoon pepper

2 cups spinach

1/2 cup chopped cucumber

1/4 cup chopped red onion

2 tablespoons chopped red or
green chili pepper

1/4 cup chopped red bell pepper

1/2 lime, squeezed

1-2 tablespoons fresh cilantro

2-4 tablespoons Italian or
vinaigrette salad dressing

1/2 cup dry farro

1. Preheat broiler, and put the broiler pan in to get hot. Trim excess fat from the steak. Rub both sides of the steak with garlic, salt and pepper.
2. Boil 1/2 cup farro in 1 cup water until it has absorbed all of the water
3. Place the meat in the hot broiler pan and broil to desired doneness 6-7 minutes
4. While the steak broils, toss the spinach, cucumber, onion, chili, and bell pepper together in a salad bowl. Top the mixture with the lime juice and fresh cilantro. Set aside
5. Slice the steak into 1 1/2 inch strips and serve on top of the salad
6. Sprinkle cooked farro over the top of the steak
7. Drizzle with dressing before serving

(Garden vegetables that are colorful contain phytonutrients that perform well in your body to fight against damage cause by free radicals; and reduce the inflammatory responses by the body to processed foods and other toxins 😊)
– Chef Brandon)