



GRILLED FLANK STEAK, PORTOBELLO AND GREEN BEAN SALAD

INGREDIENTS

- ¼ cup olive oil
- ⅓ cup balsamic vinegar
- 2 Tbs. orange juice
- 1 Tbs. minced garlic
- ½ tsp. chili flakes
- ½ tsp. salt
- ½ tsp. fresh ground black pepper
- 1 ¼ pound flank steak, trimmed of all visible fat
- 4 large portobello mushroom caps (about ¾ to 1 pound), wiped clean with a paper towel
- 1 Tbs. water
- 2 tsp. Dijon mustard
- ¾ pound green beans, trimmed
- 1 (5-ounce) bag baby spinach leaves (5 cups baby spinach, lightly packed)
- 4 vine-ripened tomatoes (1 pound), each sliced into 8 wedges
- ½ small red onion, thinly sliced

DIRECTIONS

1. Make marinade: Combine 2 Tbs. olive oil, 3 Tbs. balsamic vinegar, orange juice, 2 tsp. minced garlic, chili flakes, and 1/4 teaspoon each salt and pepper in a bowl and whisk. Place steak and mushrooms in a glass baking dish or sealable plastic bag and pour marinade on top. Marinate in the refrigerator for at least 1 or up to 4 hours.
2. Make dressing: Combine remaining 2 tablespoons olive oil, 3 tablespoons vinegar, 1 teaspoon minced garlic, water, mustard, and remaining 1/4 teaspoon each salt and pepper. Whisk until incorporated.
3. Place green beans in a steamer basket over a few inches of boiling water and steam until tender-crisp, about 3 minutes. Allow to cool in the refrigerator, or to cool quickly, drain and plunge in a bowl of ice water for 2 minutes. Drain and reserve.
4. Spray a grill or grill pan with nonstick cooking spray and heat over medium-high heat. Remove steak and mushrooms from marinade, and discard marinade. Grill steak until medium-rare and mushrooms until cooked through but still juicy, about 4 to 5 minutes per side for both steak and mushrooms. Remove to a cutting board and let rest about 10 minutes. Cut steak across the grain into 1/4-inch slices; cut mushrooms into 1/4-inch slices.
5. To assemble salad, toss steak slices, mushroom slices, spinach leaves, tomatoes, green beans and onions with dressing. Divide among 4 plates.



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