

Steak and Feta Salad

Ingredients:

- 2 T. chopped fresh mint
- 2 t. Lemon zest, plus 3 T. fresh lemon juice, divided
- 6 T. extra-virgin olive oil, divided
- 2 T. chopped fresh oregano, divided
- 1 - 1# flank steak
- ½ t. Black pepper
- ¾ t. Kosher salt, divided
- 5 oz. baby spinach (about 5 cups)
- 2 cups sliced unpeeled English cucumber
- 1 cup loosely packed fresh basil, torn into bite-sized pieces



Directions:

1. Whisk together the mint, lemon juice, 4 T. of the oil, and 1 T. of the oregano in a small bowl.
2. Pour into a zip-top bag, add the feta cubes, and seal bag.
3. Let marinate at room temperature for 20 minutes, turning the bag. Remove the feta from marinade, and set aside; reserve marinade in bag.
4. Season the steak with the pepper, ½ t. Salt, and remaining 1 T. oregano.
5. Heat remaining 2 T. oil in a 10" cast iron skillet.
6. Add steak to skillet; cook, undisturbed, about 3 minutes per side for medium doneness.
7. Remove from heat and let rest for 5 minutes before slicing across the grain.
8. Toss together spinach, cucumber, and basil in a large bowl. With the reserved marinade.
9. Arrange mixture on a platter; top with feta and steak.
10. Sprinkle with lemon zest and remaining ¼ t. Salt.

Per serving: 444 calories / 32g fat (8g saturated) / 85mg cholesterol / 3g fiber / 31g protein / 6 carbs / 1g sugar, 725mg sodium / 3mg iron / 203mg calcium

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