



# Grilled Steak and Peppers Salad with Pears

**Prep time:** 30 minutes

**Makes:** 4 Servings

Grill whole bell peppers along with steak, then add pear slices, and you have the foundation of a delicious and colorful Italian-influenced salad.

## Ingredients

**2 cups** (4 oz) whole-wheat rotini pasta (uncooked)

**1** yellow bell pepper

**1** red bell pepper

**1/2 teaspoon** olive oil

**12 ounces** boneless choice beef top sirloin

**2** pears

**3 cups** arugula

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>360</b>
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	4 g
Cholesterol	65 mg
<b>Sodium</b>	<b>330 mg</b>
<b>Total Carbohydrate</b>	<b>44 g</b>
Dietary Fiber	7 g
Total Sugars	13 g
Added Sugars included	0 g
<b>Protein</b>	<b>27 g</b>
Vitamin D	0 mcg
Calcium	108 mg
Iron	3 mg
Potassium	584 mg

N/A - data is not available

## MyPlate Food Groups

 Fruits	1/2 cup
 Vegetables	3/4 cup
 Grains	1 ounce
 Protein Foods	2 ounces
 Dairy	1/4 cup

**1/4 cup** crumbled Gorgonzola cheese

For Vinaigrette

**1 tablespoon** olive oil

**3 tablespoons** distilled vinegar

**1/4 cup** 100% white grape juice or apple juice

**1/4 teaspoon** salt (optional)

**1 tablespoon** Italian herb blend, salt-free

## Directions

1. In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend.
2. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water.
3. Heat grill, rub peppers with 1/2 tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 °F, turning once. Remove from grill, let cool slightly.
4. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges.
5. Toss arugula and pasta in large bowl.
6. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

## Notes

Serving Suggestions: Serve with a glass of non-fat milk.

**Source:** Produce for Better Health Foundation