

FOOD

Grilled Steak Salad with Asian Dressing



BBQ steak salad with a sesame-rice vinegar dressing. Makes 2 servings.

Ingredients:

- 1 (12 ounce) rib eye steak
- 1 tablespoon soy sauce
- 1 teaspoon Montreal steak seasoning, or to taste
- 1/2 lemon, juiced
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 2 tablespoons white sugar
- 1/2 teaspoon sesame oil
- 1/4 teaspoon garlic powder
- 2 pinches red pepper flakes
- 10 leaves romaine lettuce, torn into bite-size pieces
- 1/2 large English cucumber, cubed
- 1 avocado - peeled, pitted, and diced
- 1 tomato, cut into wedges
- 1 carrot, grated
- 4 thin slices red onion
- 3 tablespoons toasted sesame seeds

Directions:

1. Season both side of the rib eye steak with soy sauce and steak seasoning. Cover and refrigerate at least 1 hour to overnight.
2. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
3. Grill steak on preheated grill until firm, reddish-pink, and juicy in the center, about 6 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Transfer steak to a platter, sprinkle with lemon juice, and cover loosely with aluminum foil. Allow meat to rest for about 10 minutes, then cut into strips.
4. Whisk rice vinegar, olive oil, sugar, sesame oil, garlic powder, and red pepper flakes together in a small bowl. Combine lettuce, cucumber, avocado, tomato, carrot, red onion, and steak strips in a large bowl. Pour rice vinegar dressing over salad and toss to coat. Sprinkle with sesame seeds to serve.



This is a delicious and healthy recipe that takes no time at all to make. You can bake it or even grill it. Tastes great either way!

Lemon Garlic Tilapia

Ingredients:

- 4 tilapia fillets
- 3 tablespoons fresh lemon juice
- 1 tablespoon butter, melted
- 1 clove garlic, finely chopped
- 1 teaspoon dried parsley flakes
- pepper to taste

Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Spray a baking dish with non-stick cooking spray.
2. Rinse tilapia fillets under cool water, and pat dry with paper towels.
3. Place fillets in baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.
4. Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.



Blueberries and zucchini baked up into delicious little summertime bread loaves! Original recipe makes 4 mini-loaves.

Blueberry Zucchini Bread

Ingredients:

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 1/4 cups white sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.
3. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

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