



Arugula Beef Salad

4 servings w/ beef ~ \$19.51 (\$4.88 per serving)

4 servings w/ tofu ~ \$14.22 (\$3.56 per serving)

8 oz. grass fed beef (a tender cut such as tenderloin or chuck) Marinate beef for at least 1 hour, grill to desired doneness and then thinly slice.

12 oz. arugula or mixture of arugula and baby spinach

2 finely chopped scallions

1/2 c. sliced baby sweet white turnips

1/2 c. sliced radishes

1/2 c. kitchen-cut asparagus or snap peas or combination of both. Asparagus may be grilled as well, brushing with the meat marinade.

Dressing – don't use all of the marinade on the meat, set some aside to use as dressing for the salad.

Meat marinade

1 shallot, finely chopped

1 sprig of rosemary, chopped

1/2 c. balsamic vinegar

1 c. olive oil

1 tbsp worcestershire sauce

1 tbsp dry mustard

2 cloves garlic, finely chopped

Salt & black pepper to taste

Place everything in a bowl, except oil. Then add oil in slow, thin stream, whisking as you add it. Add salt and pepper to taste.

Notes: You can marinate chuck for up to 12 hours. Wipe excess marinade off meat or it will flame up on grill or burn in oven. This marinade is enough for one 5 lb. tenderloin or 4 steaks.

Alternates:

Marinated grilled tofu

Fresh fennel, sliced thinly

2 oranges, thinly sliced

1 avocado, sliced

3/4 c. kitchen-cut sugar snap peas

Citrus mustard dressing

Tofu marinade (enough for about 1-1/2 lbs. of extra firm tofu)

1/2 c. soy sauce

1/2 c. dry sherry

1/4 c. rice vinegar

3 tbsp. brown sugar

A few drops of roasted sesame seed oil (optional)

Bring ingredients to a boil and simmer for 1 min. Remove from heat. Cut tofu in pieces desired for serving and place in a large casserole in a single layer. Pour marinade over tofu. Set aside for 5 minutes before grilling or pan frying.

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