



Southwest Steak Salad with Chipotle Vinaigrette

Baxter's American Restaurant *Executive Chef Joseph Davis*

Steak

1 lb trimmed flank steak (or any grilling steak)
2 Tbsp oil
Salt and pepper to taste

Salad

Slice corn from two fresh corn cobs
1 pasilla pepper, deseeded and diced
1 avocado, peeled and diced
¾ red bell pepper, deseeded and diced
½ lb mixed salad greens

Vinaigrette

½ cup white wine vinegar
½ Tbsp Dijon mustard
1 clove garlic
1 chipotle pepper and a little of the paste from the can (this will be spicy!)
½ cup salad oil (blend of olive and canola)

Procedure

For the steak

1. salt and pepper steak liberally
2. heat heavy bottomed skillet, cast iron skillet, or grill
3. add oil to skillet and cook to preferred temp (recommend medium rare. If you prefer well done steak I would recommend a different cut because hanger steak gets very chewy when its cooked well done)

For the vinaigrette

1. add all ingredients (except oil) into a blender
2. blend on high, adding oil in slowly until completely mixed (hint: add an ice cube to your vinaigrette to keep it from breaking/ separating)
3. salt to taste

For the salad

1. add all ingredients together and toss with vinaigrette and a pinch of salt (only add enough vinaigrette to coat the salad; don't drown it)
2. top with cooked sliced steak

Serves 4

Nutrition Facts

Serving Size – ¼ salad with 4 ounces sliced steak
Calories 480
Total Fat 46g
Saturated Fat 8g
Cholesterol 65mg
Sodium 790mg
Carbohydrate 19g
Dietary Fiber 7g
Sugars 5g
Protein 28g

Diabetic Exchanges

Protein 4
Carbohydrates 1
Fat 9

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