

DRESSINGS

Grilled Steak Caesar Salad



BAY VALLEY
F O O D S

Grilled Steak Caesar Salad

2 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Lean boneless beef loin steak	1 (8 oz.)	Grill steak to desired doneness. Cool slightly; slice thinly	760 calories
Romaine lettuce, cleaned	1/2 head	Tear romaine into bite-size pieces and place in large bowl.	30 g protein
Bleu cheese, crumbled	1/2 cup (2 oz.)	Sprinkle bleu cheese and walnuts over romaine. Top with warm steak.	7 g carbohydrate
Walnuts, toasted, chopped	1/4 cup	Drizzle dressing over salad; toss well.	2 g fiber
Rod's® Caesar Dressing	3/4 cup (6 oz.)	Serve immediately.	66 g fat
			16 g saturated fat
			70 mg cholesterol
			1430 mg sodium

CHEF'S TIP:

• Crumbled feta cheese may be substituted for bleu cheese.



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