



Flat Iron Steak Salad

fresh arugula, sorrel, corn, cherry tomato,
summer squash, zucchini, blueberry vinaigrette

Marinade:

3 T chopped garlic
3 T parsley
1 C EVOO
1 T Kosher salt
2 t black pepper

Place above ingredients in a blender and pulse until smooth and green. Makes enough marinade for 5 pounds flat iron; marinade over night.

Grill steak to desired temperature, let rest, then slice on the bias and chill.

Salad:

equal parts of the following:

roasted corn, summer squash & zucchini
fresh cherry tomatoes
fresh arugula, sorrel

Blueberry Vinaigrette:

1/4 C Fresh Blueberries
1 C Blended oil
1/4 C apple cider vinaigrette
zest of 1 lemon

Blend until smooth.

Mix salad ingredients in a large bowl, drizzle with vinaigrette.
Serve topped with chilled & sliced flat iron.

Recipe courtesy of Besaw's
www.besaws.com

www.gardentime.tv

Garden Time

