

# Sizzling summer salads fresh from the grill

(Family Features) - A sensational summer menu can be simple, yet satisfying; exotic, yet familiar. Instead of making salad a sleepy side item this sum-

mer, mix things up and add some sizzle to the table with a sumptuous entrée salad straight from the grill. Grilling adds intense flavor to summer's fresh-

est salad ingredients. Try choosing a selection of colorful fruits, flavorful meats, crisp vegetables, delicious seasonings and luscious marinades that pop. Two delectable choices that can

make your grilled salads sing are beef and fresh mango. Beef is a traditional summer grilling favorite. In fact, according to a recent survey, conducted by Pelegrin Gray on behalf of

the Beef Checkoff Program, 55 percent of Americans prefer to grill beef, such as a steak like filet, ribeye or T-bone, versus other meat. Also, mango is the world's most popular fruit, and a year-round source of the naturally sweet, refreshing taste of the tropics.

For recipes and instructions on how to select and cut a mango, visit mango.org. Visit BeefItsWhatsForDinner.com for beef grilling guidelines and additional recipes.

## Simple Steak Grilling Tips

-Use a medium heat setting on a gas or charcoal grill. For charcoal grills, carefully hold the palm of your hand at cooking height above the ash-covered coals. Count the number of seconds you can hold your hand in that position; approximately 4 seconds is medium heat.

-Always use tongs to turn steaks. Using a fork will pierce the beef, allowing flavorful juices to escape.

-For best results, cook steaks to medium rare (145°F) or medium (160°F) doneness. The most accurate way to determine temperature is with an instant-read thermometer.

## Make the Most of Mangos

-Mangos contain more than 20 different vitamins and minerals, are an excellent source of vitamins C and A and a good source of dietary fiber.

-Color is not the best indicator of ripeness. Simply squeeze the mango gently to determine ripeness level. A ripe mango should give slightly, but not be too soft.

-To ripen mangos, store at room temperature. Once ripe, store mangos in the refrigerator for up to five days.

## Beef Fajita Salad with Mango-Serrano Vinaigrette

Makes 4 servings

3 medium mangos, peeled, pitted and cheeks sliced off  
Olive oil  
2 medium poblano peppers  
1/2 teaspoon ground black pepper  
1 pound beef top sirloin steak, 1 inch thick  
1 large red onion, cut into 1/2-inch slices  
1 cup radishes, thinly sliced  
2 tablespoons chopped cilantro

### Vinaigrette:

3 tablespoons lime juice  
3 tablespoons water  
1 to 2 serrano peppers  
3 tablespoons olive oil

Brush mangos with oil. Place mango cheeks and poblanos on grill over medium, ash-covered coals. Grill poblanos, uncovered, 9 to 10 minutes (gas grill times remain the same) or until skins are blackened, turning occasionally. Grill mangos 8 to 14 minutes (gas grill times remain the same) or until very tender, turning occasionally. Seal peppers in food-safe bag and let stand for 15 minutes. Cool and cut mangos into 3/4-inch cubes and reserve.

Press black pepper onto beef steak. Brush onion with oil. Place steak on grid; arrange onion around steak. Grill, uncovered, 17 to 21 minutes (over medium heat on pre-heated gas grill, covered, 13 to 16 minutes) or until steak is medium rare (145°F) to medium (160°F) doneness and onion is tender, turning occasionally.

For vinaigrette, measure 1/2 cup cubed mango and combine with lime juice, water and serranos in food processor. Cover; process until smooth. With motor running, slowly add oil, processing until well blended. Season with salt, as desired.

Discard skins, stems and seeds from poblanos; cut into 3/4-inch pieces. Carve steak into slices. Halve onion slices. Place beef, remaining mango, onion, poblanos and radishes on platter. Season with salt. Drizzle with vinaigrette; toss to coat. Sprinkle with cilantro.

Courtesy of The Beef Checkoff and National Mango Board

## Asian Beef and Wild Rice Salad

Makes 4 servings

2 beef top loin (strip) steaks, 3/4 inch thick  
2/3 cup light Asian-style dressing, divided  
1-1/4 cups long-grain and wild rice blend  
2-1/2 cups water  
1 medium red bell pepper, cut into 3/4-inch pieces  
1-1/4 cups hothouse cucumber, cut into half-moon slices  
1-1/4 cups frozen shelled edamame, thawed  
1/4 cup sliced green onions, divided  
2 tablespoons chopped cilantro

Place beef steaks and 1/3 cup dressing in food-safe plastic bag; coat evenly. Close bag and refrigerate 15 minutes to 2 hours.

Cook rice in water according to package directions, omitting butter and salt, if desired. Cool in large bowl.

Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 15 to 18 minutes (over medium heat on gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

Add pepper, cucumber, edamame, 2 tablespoons green onion, cilantro and remaining dressing to rice; toss to combine. Season with salt.

Carve steaks into slices. Place salad on plate. Arrange steak over salad; top with remaining green onion.

Courtesy of The Beef Checkoff

## Honey Grilled Fruit with Lime-Mint Vinaigrette

Makes 8 servings

### Lime-Mint Vinaigrette:

2 tablespoons fresh lime juice  
1 tablespoon olive oil  
2 teaspoons honey  
1 teaspoon finely chopped fresh mint

### Honey Grilled Fruit:

1/4 cup honey  
1 tablespoon fresh lime juice  
1/2 teaspoon cinnamon  
3 large firm but ripe mangos, peeled, pitted and cut into large spears  
1/2 fresh pineapple, peeled, cored and cut into spears  
1 large peach, pitted and cut into 8 wedges  
2 plums, pitted and quartered  
Mascarpone cheese

Whisk together vinaigrette ingredients in a small bowl; cover and refrigerate until ready to serve. Whisk together honey, lime juice and cinnamon.

Grill all fruit over medium heat for a few minutes on each side or until grill marks appear, basting with honey mixture several times. Remove from grill and place in a large bowl; let cool and chop pineapple into large chunks.

Place grilled fruit back into bowl, add vinaigrette and toss lightly to coat. Cover and refrigerate for at least 1 hour, stirring several times. Transfer to salad bowls or plates and top each with a dollop of mascarpone cheese.

Courtesy of National Mango Board

## Grilled Beef Steaks with Espresso-Bourbon Sauce

### Ingredients

4 beef tenderloin steaks, cut 1 inch thick (about 4 ounces each) or 2 well-trimmed boneless beef top loin (strip) steaks, cut 1 inch thick (about 2-1/2 pounds)  
Salt and pepper  
1/4 cup bourbon  
1/4 cup maple syrup  
1/4 cup reduced-sodium soy sauce  
1 tablespoon fresh lemon juice  
2 teaspoons instant espresso coffee powder  
1/8 teaspoon black pepper

### Instructions

Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.

1. Place steaks on grid over medium, ash-covered coals. Grill tenderloin steaks, uncovered, 13 to 15 minutes (top loin steaks 15 to 18 minutes) for medium rare to medium doneness, turning occasionally. Season with salt and pepper, as desired. Serve with sauce.

### 2. Nutritional Information Per Serving

Nutrition information per serving, using tenderloin: 274 calories; 25 g protein; 15 g carbohydrate; 9 g fat; 551 mg sodium; 71 mg cholesterol; 4.0 mg niacin; 0.4 mg vitamin B6; 2.2 mcg vitamin B12; 3.7 mg iron; 4.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron and zinc.

Nutrition information per serving, top loin (strip): 315 calories; 32 g protein; 15 g carbohydrate; 10 g fat; 570 mg sodium; 81 mg cholesterol; 6.3 mg niacin; 0.5 mg vitamin B6; 2.1 mcg vitamin B12; 3.3 mg iron; 5.6 mg zinc.

## Beef Sirloin Kabobs with Roasted Red Pepper Dipping Sauce

Total recipe time:  
35 minutes

Makes 6 servings

### Ingredients

-1-1/2 pounds boneless beef top sirloin steak, cut 1 inch thick  
-2 teaspoons coarse grind black pepper  
-3/4 teaspoon salt  
-3/4 teaspoon sweet paprika  
-2 cloves garlic, minced

### Dipping Sauce

-1 tablespoon olive oil  
-1 medium onion, finely chopped  
-3 cloves garlic, minced  
-2 jars (7 ounces each) roasted red peppers, rinsed, drained, finely chopped  
-1/2 cup dry white wine  
-2 tablespoons tomato paste  
-3/4 teaspoon dried thyme leaves, crushed or 2 teaspoons minced fresh thyme  
-1 cup ready-to-serve beef broth  
-2 teaspoons cornstarch

### Instructions

1. Heat oil in large skillet over medium heat until hot. Add onion and 3 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.

2. Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. Stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or until slightly thickened, stirring occasionally. Keep warm.

3. Meanwhile cut beef steak into 1-1/4 x 1-1/4 x 1-inch pieces. Combine pepper, salt, paprika and 1 clove garlic in large bowl. Add beef; toss to coat. Thread beef pieces evenly onto six 12-inch metal skewers, leaving small space between pieces.

4. Place kabobs on grid over medium, ash-covered coals. Grill, covered, about 7 to 9 minutes for medium rare to medium doneness, turning once. Serve with dipping sauce.

### Nutritional Information Per Serving

Nutrition information per serving: 235 calories; 28 g protein; 8 g carbohydrate; 9 g fat; 689 mg sodium; 76 mg cholesterol; 4.3 mg niacin; 0.5 mg vitamin B6; 2.5 mcg vitamin B12; 3.9 mg iron; 5.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron and zinc.

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