

Treviso, Fig & Pear Steak Salad

DEBORAH BIGGS, Nebraska

Total Recipe Time: 30 minutes

Marinade Time: 15 minutes to 2 hours

Makes 4 servings

- 1 beef** top sirloin steak, cut 3/4 inch thick (about 1 pound)
- ¼ cup plus ¼ cup** light balsamic vinaigrette, divided
- ¼ teaspoon** pepper
- 2 large** heads Treviso or regular radicchio, cut lengthwise in half
- 6 fresh** figs, stems removed, cut in half
- 1 tablespoon** olive oil
- 1 ripe** Bartlett pear, cored, thinly sliced
- 3 tablespoons** coarsely chopped pistachio nuts

Nutrition information per serving: 370 calories; 14 g fat (3 g saturated fat; 6 g monounsaturated fat); 49 mg cholesterol; 407 mg sodium; 32 g carbohydrate; 5.7 g fiber; 30 g protein; 8.3 mg niacin; 0.8 mg vitamin B6; 1.4 mcg vitamin B12; 3.3 mg iron; 32.7 mcg selenium; 6.2 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron.



1. Place beef steak, 1/3 cup vinaigrette and pepper in food-safe plastic bag, closing bag securely; marinate in refrigerator 15 minutes to 2 hours, turning once. Brush radicchio and figs lightly with oil; set aside.
2. Remove steak from marinade, discarding marinade; place steak, radicchio and figs on grill over medium, ash-covered coals. Grill steak, uncovered, 13 to 16 minutes (over medium heat on preheated gas grill, covered, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally; grill radicchio 8 to 10 minutes (over medium heat on preheated gas grill, covered, 6 to 8 minutes) and figs 5 to 7 minutes (over medium heat on preheated gas grill, covered, 3 to 6 minutes) or until radicchio is tender and figs soften and begin to brown, turning occasionally.
3. Carve steak into thin slices and coarsely chop cored radicchio, seasoning beef and radicchio with salt, as desired. Arrange radicchio, steak, figs and pear slices on platter; top with remaining 1/4 cup vinaigrette and pistachios.

