

Grilled Sirloin Salad with Roasted Peppers & Avocado Dressing

This salad is really more of an entrée thanks to the inclusion of grilled steak and a hearty dressing made with ripe, creamy avocados. Roasted red peppers add some sweetness, thus rounding out what is a classy, yet stick-to-your-ribs recipe.

YIELD – 4 servings

Preheat oven to 325 degrees.

Coat the bell pepper with ½ a cup of the oil and place on a baking sheet lined with aluminum foil. Season the bell pepper with salt and pepper and place in the oven. Roast until the bell pepper is soft and tender, 20 to 25 minutes. Remove from the oven and transfer the bell pepper to a bowl. Cover the bowl with plastic wrap and let stand for 30 minutes.

Uncover the bell pepper and use your fingers to remove the peppers' outer skin. Slice the bell peppers into ¼-inch thick strips and set aside.

Preheat grill.

Place the chili powder, cumin, oregano, garlic powder, onion powder and cayenne in a small bowl. Whisk the remaining oil into the mixture until it forms a smooth paste. Season the steak with salt and pepper and coat with the spice mixture. Place the steak on the grill and cook until medium rare, about 5 minutes on each side. Remove the steak from the grill and let stand for 10 minutes.

Lightly toss the lettuces, onion, corn and roasted bell peppers with ½ of the dressing until all of the ingredients are completely incorporated.

Cut the steak into ½-inch thick strips.

To serve, place ¼ of the salad in a salad bowl. Arrange several strips of steak atop the salad in a sunburst formation. Nappé the salad with ¼ of the remaining dressing. Sprinkle queso fresco over the salad and serve immediately.

Avocado Dressing

YIELD – 2 cups

Place the avocado, sour cream, cumin, garlic powder and hot sauce in the bowl of a food processor. Season with salt and pepper and turn on the machine. Slowly drizzle in the olive oil until all of the ingredients are completely incorporated. Serve or store refrigerated in an airtight container for up to 3 days.

2 red bell peppers, stemmed, seeded and quartered
½ cup plus 3 Tbsp olive oil
salt and fresh ground pepper to taste
1 tsp chili powder
1 tsp cumin
½ tsp dried Mexican oregano
½ tsp garlic powder
½ tsp onion powder
¼ tsp cayenne pepper
1½ pounds sirloin steak
4 cups arugula
4 cups red leaf lettuce
½ cup red onion, thinly sliced
½ cup sweet corn kernels
2 cups avocado dressing (recipe follows)
1 cup queso fresco

1 large Haas avocado, seeded and diced
½ cup sour cream
1 tsp cumin
½ tsp garlic powder
½ tsp vinegar-based hot sauce
salt and fresh ground pepper to taste
¼ cup extra virgin olive oil