

## Farmer's Market Vegetable, Beef & Brown Rice Salad

1 beef top round steak, cut ¾-inch thick (about 1 lb)  
1 tsp olive oil  
2 cups asparagus pieces (2-inch pieces)  
1 medium yellow squash, cut lengthwise in half, then crosswise into ¼-inch thick slices  
3 cups hot cooked brown rice  
1 cup diced, seeded tomatoes  
1 cup canned garbanzo beans, rinsed, drained  
¼ cup fresh basil, thinly sliced  
½ tsp salt

### Marinade:

¼ cup olive oil  
2 tbsp fresh lemon juice  
1 tbsp minced garlic  
1 tbsp honey  
2 tsp fresh thyme, chopped (2/3 tsp dried)  
¼ tsp salt  
1/8 tsp black pepper

Nutrition Center - UI College of Public Health

[www.uiowanutritioncenter.org](http://www.uiowanutritioncenter.org)

1. Combine marinade ingredients in small bowl. Place beef steak and ¼ cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.
4. Carve steak into thin slices. Serve over rice salad.

Yield: 10 cups (4 servings)

### Nutrient Value (per 2½-cup serving)

Calories: 514

Carbohydrates: 60 g

Saturated Fat: 3 g

Protein: 36 g

Fiber: 7.3 g

(From: *The Healthy Beef Cookbook*)