

Sirloin Steak and Pasta Salad

2 cups uncooked penne
1/4 pound fresh green beans, trimmed
1 (3/4-pound) boneless sirloin steak, trimmed
1 tablespoon salt-free garlic-pepper blend
(such as Spice Hunter)
1 1/2 cups thinly sliced red onion
1 1/2 cups thinly sliced red bell pepper
1/4 cup chopped fresh basil
3 tablespoons Dijon mustard
2 tablespoons balsamic vinegar
1 teaspoon extravirgin olive oil
1 teaspoon bottled minced garlic
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup (1 ounce) crumbled blue cheese
(can substitute Feta cheese)

Directions:

Preheat broiler.

While the broiler preheats, bring 3 quarts water to a boil in a large Dutch oven. Add pasta; cook 5 1/2 minutes. Add beans, and cook 3 minutes or until pasta is done. Drain and rinse with cold water. Drain well.

Sprinkle steak with the garlic-pepper blend. Place on a broiler pan; broil 3 inches from heat 10 minutes or until desired degree of doneness, turning after 5 minutes. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

Combine onion and next 8 ingredients in a large bowl. Add pasta mixture and beef slices; toss well to coat. Sprinkle with cheese.

Servings: 4 – 1 1/2 cups

