

# Grilled Sirloin Steak Salad with Grilled Onions and Corn

Phyllis Carey cooking class, 7/2011

Internet Address:



**Servings: 6**

1. **DRESSING:** Drop garlic in running food processor to mince. Stop machine and add remaining ingredients and process until smooth. This makes about 1 1/2 cups (more than you'll need for this salad).
2. **STEAK:** Preheat grill to medium high. Season steak with Cajun/Creole seasoning and salt and pepper to taste. Brush or pat steak with vegetable oil and grill for 5-7 minutes per side (rare). Remove steak and tent it lightly with a piece of aluminum foil for about 10 minutes.
3. **VEGETABLES:** Brush onion slices and corn with oil and grill alongside the steak until onion is tender and corn is blackened. Cool slightly (enough to handle) and coarsely chop onion and cut corn kernels from the cob. Cool completely.
4. **ASSEMBLY:** Slice steak across the grain into thin slices. Toss the lettuce with tomatoes, cucumber, grilled onions and corn. Toss in only enough dressing to coat the salad well. It may need more, so taste it to determine. Divide salad amongst 6 plates and top with steak strips, sprinkle with green onions and serve immediately, passing extra dressing, if desired.

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Per Serving (excluding unknown items): 674 Calories; 55g Fat (71.5% calories from fat); 31g Protein; 18g Carbohydrate; 5g Dietary Fiber; 75mg Cholesterol; 387mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 9 1/2 Fat; 0 Other Carbohydrates.

## DRESSING:

- 2 cloves garlic, peeled
- 1/4 cup fresh lime juice
- 1/2 teaspoon sugar
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon celery seeds
- 1 1/2 teaspoons dry mustard
- 2 ounces blue cheese, Danish type (milder), crumbled
- 1/2 cup vegetable oil, grapeseed or canola
- 1/2 cup extra virgin olive oil
- 1/4 cup Parmesan cheese, freshly grated

## SALAD:

- 1 1/2 pounds top sirloin steak, 1 1/4 inches thick
- 1 tablespoon Cajun seasoning, or Cajun/Creole type
- Salt to taste
- 1/4 cup vegetable oil, grapeseed or canola
- 1 large red onion, sliced crosswise in 3 thick slices
- 2 whole corn on the cob, husked
- 1 large head of romaine lettuce, cut across in wide strips
- 2 cups cherry tomatoes, halved
- 2 cups cucumber, hot house type, cubed
- 1/2 cup green onions, chopped

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