



Simply

MOUTHWATERING

Enjoy the best tastes of summertime

Sirloin Peach Salad

Serves 4

- 1 ½ pounds *Certified Angus Beef*® sirloin steak
- 2 teaspoons extra virgin olive oil
- Salt and pepper to taste
- 5 peaches, washed
- ¼ cup lemon juice, divided
- 1 cup low-fat lemon yogurt
- ¼ cup thinly sliced scallions
- ½ teaspoon poppy seeds
- Mixed salad greens

Rub steak with oil and sprinkle with salt and pepper. Place steak on grill over high heat. Grill uncovered 12 to 16 minutes for medium doneness, turning once. Place steak on cutting board and allow to rest 3 to 5 minutes. Slice across the grain into thin strips. Cut peaches into thin slices and toss with 2 teaspoons lemon juice. For dressing, combine yogurt, scallions and poppy seeds in a small bowl. If necessary, stir in additional lemon juice to reach drizzling consistency. To assemble, arrange steak and peach slices on salad greens. Drizzle dressing over top.

Make a healthy choice

A meal that pairs beef and fresh peaches is a win-win nutritionally.

Peaches are packed with vitamins A and C and potassium. They are low in calories, fat free and a great source of fiber.

Beef provides lots of ZIP – zinc, iron and protein – and several other vitamins and minerals. Sirloin cuts are lower in fat, too!

Select the best

Cooks should choose the best and freshest ingredients to ensure excellent results.

When choosing peaches, look for a golden to yellow undercolor and make sure they have a classic “peachy” aroma. Don’t purchase green or shriveled fruit. Allow peaches to ripen on the counter at room temperature for one to two days. Ripe peaches are soft to the touch, but they should not be squeezed – that will cause bruising.

Look for *Certified Angus Beef*® brand steaks in your grocer’s meat case. The brand requires a generous degree of marbling, the small white flecks of flavor within the meat. A total of 10 strict specifications ensure every bite is flavorful, tender and juicy. Less than 8% of all beef can make the cut!

Succulent, tree-ripened peaches burst with one of the most essential tastes of summertime. Another warm-weather favorite is the savory flavor of juicy steak seared on a grill.

Put the two together and you have perhaps the perfect flavor combination. Sweet and savory, juicy and tender, steak and peach are a delightfully rich and memorable blend.

Pick a simple meal such as Sirloin Peach Salad and you have an easy, elegant dish with flavor and flair.

Better yet, cook once and eat twice. Pick up a few extra peaches and grill a larger steak on salad day – then use the extra ingredients in Peach Pizza with Steak the next day.

Convenient, nutritious, delicious – these dishes will quickly become summertime favorites!

Sirloin and Peach Pizza

Serves 4

- ¾ pound *Certified Angus Beef*® sirloin steak
- ¼ ounce fresh basil
- ¼ ounce fresh oregano
- 1 shallot
- 1 clove garlic
- ½ cup extra virgin olive oil
- 1 ice cube
- Salt and pepper to taste
- 1 pre-made 12-inch pizza shell
- 3 peaches, sliced thin
- ½ pound smoked mozzarella, shredded
- ½ bunch scallions, sliced thin

Preheat oven to 450°F. Create pesto by mixing basil, oregano, shallot, garlic, oil and ice cube in blender until fully combined.

Season steak with salt and pepper and grill 1 minute on each side. Remove steak from heat and rest for 5 minutes. Slice thin against the grain.

Top pizza shell with pesto, peaches, steak and mozzarella.

Bake 8 to 10 minutes.

Garnish with scallions, slice and serve.

Nutritional Information per Serving: 552 Calories; 30g Fat; 16g Saturated Fat; 136mg Cholesterol; 25g Carbohydrate; 0g Dietary Fiber; 44g Protein; 866mg Sodium; 23% daily value Iron. (based on 2,000 calorie diet).

