



Healthy Now

CATERING • MEAL PREP • JUICES

Southwestern Steak Salad

This delicious salad is packed with protein, iron and healthy fats, and makes for a light Summer dinner, especially if you have some leftover steak!



HealthyNow provides Corporate Catering, Meal Preparation and fresh pressed Juice Cleanses to support your fitness, wellness and nutrition goals.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthyNow.ca

Check out our website for more info: www.healthynow.ca





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You'll need for the salad:

- 6 cups of lettuces
- 1 ear corn kernels removed or 1/2 cup frozen corn, thawed
- 1 7oz can black beans rinsed and drained
- 1/2 red or yellow bell pepper, seeded and chopped
- 1/2 cup grape tomatoes halved
- 1/4 red onion thinly sliced
- ripe avocado sliced or cut into bite size chunks
- 1/2 cup queso fresco cheese, crumbled, or cheddar instead
- 1 jalapeno pepper, seeded and minced
- 1/2 cup cilantro leaves
- 2 hardboiled eggs halved or quartered
- 1/2 pound leftover steak, very thinly sliced

You'll need for the vinaigrette:

- 1 lime zested and juiced
- 1/3 cup olive oil
- 2 cloves garlic minced
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ancho or chipotle chili powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper

To make the vinaigrette:

1. Combine all ingredients for the dressing in a small bowl and whisk to combine
2. Taste for seasoning and adjust as needed
3. Set aside

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To make the salad:

1. In a large bowl combine the lettuce, corn, black beans, bell pepper, tomatoes, onions, queso fresco, jalapeno and cilantro and toss to combine
2. Add a about 3-4 tablespoons of dressing and toss to combine
3. Arrange the sliced steak and avocado over the salad
4. Slice the eggs in half and tuck into the salad
5. Drizzle with remaining dressing and serve

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca. And OrangeTheory Fitness members always get 15% off Fresh Pressed Juices, and 15% off any Meal Pack!

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