



Steak Milanese Salad

Serves 4

Ingredients:

1 lb. boneless beef round tip steaks
1 egg
2 chipotle peppers in adobo sauce
1 tablespoon water
1 cup saltine cracker crumbs
3 tablespoons fresh cilantro
4 tablespoon vegetable oil
6 cups mixed salad greens
1 cucumber
2 cups tomatoes
cilantro

Dressing:

1/2 cup prepared Italian dressing
1 chipotle pepper in adobo sauce, minced
1 tsp. adobo sauce

Directions:

1. Whisk dressing ingredients in small bowl until blended. Set aside.
2. Beat egg, chipotle peppers and water in shallow dish until blended. Combine cracker crumbs and 3 tablespoons cilantro in second shallow dish. Dip each beef steak into egg mixture, then into crumb mixture to coat both sides.
3. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium to medium-high heat until hot. Place 2 steaks in skillet. Cook 3 to 4 minutes or until coating is golden brown, turning once. Remove steaks from skillet, place on warm plate. Repeat with remaining steaks, adding additional oil as needed.
4. Divide salad greens evenly among 4 plates. Top salad greens with cucumber and tomatoes. Place steaks on top and drizzle with dressing and sprinkle on cilantro.

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CookingMethod: Skillet

Week: 201649

RecipeIntro: A tasty salad that's perfect anytime of the year.

MainIngredient: Steak