



Blueberry Citrus Spinach Salad with Beef Strips



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 390, calories from fat 230,
total fat 26g, saturated fat 5g,
cholesterol 55mg, sodium 630mg,
total carbohydrate 22g,
dietary fiber 6g, sugars 13g,
protein 25g, vitamin A 220%,
vitamin C 110%, calcium 15%,
iron 25%

- 12 oz skirt steak cut in strips
- 1 Tbsp Food Club canola oil
- 2 tsp McCormick Fajita seasoning
- ¼ cup pecans, chopped
- ½ tsp garlic salt
- 1-6 oz package Dole baby spinach
- 1 head romaine lettuce
- 1 cup blueberries, stemmed and washed
- 1 medium avocado, cored and cut into bite-size pieces
- 1-11 oz can Food Club mandarin oranges, drained
- ¼ cup feta cheese
- ½ cup Wish Bone Bountifuls Berry Delight dressing

DIRECTIONS:

1. Wash the steaks, pat dry. Drizzle with oil, and then rub with fajita seasoning. Wrap in plastic wrap and refrigerate for 20 minutes. Heat the grill.
2. Sprinkle pecans with garlic salt and toast. Grill meat to 160-170°F internal temperature.
3. Mix all salad ingredients together and toss with dressing. Serve with steak strips on top.

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Shopping List

PRODUCE:

- 1-6 oz package Dole baby spinach
- 1 head romaine lettuce
- 1 carton blueberries
- 1 medium avocado

MEAT/POULTRY/SEAFOOD:

- 12 oz skirt steak

DAIRY:

- Feta cheese

SPICES/SEASONINGS:

- McCormick fajita seasoning
- Garlic salt

GROCERY/FROZEN/MISCELLANEOUS:

- Food Club canola oil
- Pecans
- Wish Bone Bountifuls Berry Delight dressing
- 1-11 oz can Food Club mandarin oranges