

Father's Day Signature Recipe

Ingredients

6 cups	Romaine lettuce, chopped
½ cup	Red onion, thinly sliced
1	Red bell pepper, diced
1	Green bell pepper, diced
¾ cup	Cucumber, peeled, sliced
½ cup	Kalamata olives, pitted and halved
¼ cup	Parsley, flat leaf, chopped
1½ tsp.	Kosher salt
¾ tsp.	Ground black pepper
1 lb.	Flank steak
1 tbsp.	Extra virgin olive oil
½ cup	Blue cheese crumbles
½ cup	Blue cheese dressing

Chopped Salad with Steak

Directions

1. In a large bowl toss together the romaine, red onion, both bell peppers, cucumber, olives and parsley with the blue cheese dressing, salt and pepper. Divide the salad evenly on 4 chilled plates. Top each salad with 4 ounces of flank steak and 1 tablespoon of blue cheese crumbles.

Flank steak

1. Trim excess fat and connective tissue from the steak, season both sides with kosher salt and pepper. Rub both sides of the steak with olive oil.
2. Place steak on a very hot grill and sear for 2 minutes. Rotate 90° and continue to cook for and additional 2-3 minutes.
3. Flip the steak to the other side. Cook for 2 minutes and again rotate 90° with a pair of tongs. Cook an additional 2-3 minutes.
4. Remove from grill and place on a platter. Let the steak rest for 8-10 minutes before slicing into 1 inch squares.

