



Bloody Mary Steak with Green Bean-Nectarine Salad



Aprons Advice:

- Complete your meal with steamed vegetables, garlic bread, and Key Lime pie for dessert.
- Always use a meat thermometer to ensure the doneness of steaks.

COOKING SEQUENCE

- Prepare steaks and let stand to marinate (15 minutes)
- Prepare salad, then complete steaks; serve (15 minutes)

GREEN BEAN-NECTARINE SALAD

Ingredients

- 1 (12-oz) bag fresh green beans
- 2 fresh nectarines, thinly sliced
- 1/2 cup sun-dried julienne-cut tomatoes
- 1/4 cup crumbled blue cheese
- 1/2 teaspoon kosher salt
- 1 (7.5-oz) blue cheese (or Gorgonzola) salad kit
- 1/2 cup slivered almonds (optional)

Steps

1. Microwave green beans following package instructions. Slice nectarines (removing pit). Chop green beans into bite-size pieces.
2. Place all ingredients in salad bowl; toss to coat. Serve. (Makes 6 servings.)

NUTRITIONAL INFORMATION

Green Bean-Nectarine Salad

CALORIES (per 1/6 recipe) 200kcal; FAT 11.00g; SAT FAT 2.50g; TRANS FAT 0.00g; CHOL 10mg; SODIUM 340mg; CARB 21g; FIBER 2.00g; SUGARS 12g; PROTEIN 7g; CALC 8%; VIT A 0%; VIT C 0%; IRON 10%