steak and kale salad with grapefruit



cook time:	prep time:	featured product:
5	**10**	**spring mix plus**

this simple salad packs a powerful protein kick with seared steak over baby kale SPRING MIX topped with our avocado cilantro dressing--perfect for those following the keto diet!

ingredients

2 servings

1 package (5 ounces) **organicgirl? spring mix plus** ?
¼ cup **organicgirl? avocado cilantro dressing**
2 teaspoons preferred vegetable oil
12oz skirt steak
Salt and black pepper
1 grapefruit, peeled and cut into segments
1 avocado, pitted and sliced
? cup sliced almonds, toasted

substitutions

? *substitute with* **baby spring mix**

directions

1. heat oil in a heavy skillet (such as cast-iron) over medium-high heat. sprinkle steak with salt and pepper. sear steak, turning once, until browned on both sides, 2-3 minutes per side. transfer steak onto a cutting board, let rest for 5 minutes, then thinly slice across the grain.

2. in a large bowl, toss spring mix plus with dressing and arrange on plates. top with steak, grapefruit, avocado, and almonds.