THAI BEEF SALAD  
Ingredients  
• 1 pound sirloin steak, trimmed of visible fat  
• 1 tablespoon reduced-sodium soy sauce  
• 1/2 teaspoon freshly ground pepper  
• 2 scallions, cut into 1-inch pieces  
• Zest of 1 lime  
• 3 tablespoons lime juice  
• 1 1/2 tablespoons fish sauce  
• 1/2 teaspoon sugar  
• 1/4 teaspoon crushed red pepper  
• 4 cups torn frisée, or curly endive  
• 2 cups torn red leaf lettuce  
• 2 tablespoons chopped fresh mint  
• 2 tablespoons untoasted sesame oil, or canola oil  
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Preparation  
1. Position rack in upper third of oven; preheat broiler. Rub steak all over with soy sauce and black pepper. Place on a baking sheet; broil, turning once, 14 to 16 minutes for medium-rare to medium, respectively. Let rest on a cutting board for 5 minutes.  
2. Meanwhile, mix scallions, lime zest and juice, fish sauce, sugar and crushed red pepper in a shallow dish. Slice the steak into thin strips against the grain and cut each strip into bite-size pieces. Add the steak to the marinade, along with any accumulated juices; toss well, cover, and refrigerate overnight.  
3. Place frisée (or endive), lettuce and mint in a salad bowl. Add the steak and marinade, drizzle with oil, gently toss, and serve.  
  
Nutrition  
Per serving: 230 calories; 12 g fat ( 3 g sat , 5 g mono ); 42 mg cholesterol; 6 g carbohydrates; 1 g added sugars; 24 g protein; 2 g fiber; 455 mg sodium; 525 mg potassium.