**Farmer’s Market Vegetable, Beef & Brown Rice Salad**

1 beef top round steak, cut ¾-inch thick (about 1 lb)
1 tsp olive oil
2 cups asparagus pieces (2-inch pieces)
1 medium yellow squash, cut lengthwise in half, then crosswise into ¼-inch thick slices
3 cups hot cooked brown rice
1 cup diced, seeded tomatoes
1 cup canned garbanzo beans, rinsed, drained
¼ cup fresh basil, thinly sliced
½ tsp salt

**Marinade:**
¼ cup olive oil
2 tbsp fresh lemon juice
1 tbsp minced garlic
1 tbsp honey
2 tsp fresh thyme, chopped (2/3 tsp dried)
¼ tsp salt
1/8 tsp black pepper

1. Combine marinade ingredients in small bowl. Place beef steak and ¼ cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.

Yield: 10 cups (4 servings)

**Nutrient Value (per 2½-cup serving)**
- Calories: 514
- Carbohydrates: 60 g
- Protein: 36 g
- Saturated Fat: 3 g
- Fiber: 7.3 g

(From: *The Healthy Beef Cookbook*)

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