

# Recipes

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## SIRLOIN STRIP SALAD

**TAKE 7 OZ. OF SIRLOIN PER PERSON AND MARINATE**

**OVERNIGHT WITH GARLIC, OLIVE OIL. AND ANY HERBS**

**YOU LIKE. GRILL THE STEAK TO DESIRED DONENESS.**

**PLACE IN THE FRIDGE TO CHILL FOR AT LEAST 3**

**HOURS. SLICE AND PLACE OVER A BED OF SELECTED**

**GREENS AND TOP WITH BALSAMIC VINAIGRETTE AND**

**CRUMPLED BLUE CHEESE, OR A CHILPOTLE PEPPERCORN**

**RANCH DRESSING.**



*AS Seen on KMID*

*COOKING DEMO 4-18-02*

