



The Edible Garden

Recipe featured at *Whole Foods Friday* demonstration, July 9

Grilled Steak with Summer Salad

By: Mitch Madoff, Executive Coordinator of Purchasing & Distribution, Whole Foods Market

Serves 4

Ingredients

4 Grass Fed steaks from Simply Grazin' (the cut is chef's choice!)
3 tablespoons extra virgin olive oil
4 ears of corn, kernels cut off
2 avocados, each medium diced
1 pint cherry tomatoes, washed and halved
¼ pound baby arugula
1 lemon
½ cup extra virgin olive oil
Salt and pepper as needed

Instructions

- Preheat grill to medium-hot, approximately 375 degrees. Season and oil steaks.
- Grill steaks, approximately 5 minutes on each side for a medium rare steak or cook to desired doneness. When steaks are finished on the grill, take them off and let them rest under aluminum foil for about ten minutes.
- Meanwhile, mix corn, avocado, arugula, and cherry tomatoes in a bowl. In a separate bowl, whisk the juice of 1 lemon and the olive oil vigorously together to make a quick vinaigrette. Season with salt and pepper.
- Toss the vegetables with the vinaigrette and serve alongside the steak or on top for a perfect summer dinner.