



Yam Nuea Yang (Spicy Beef Salad)

Ingredients:

- 1 (1-pound) flank steak, trimmed
- Cooking spray
- 1/3 cup sliced shallots
- 1/4 cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 2 teaspoons sliced Thai red chiles or serrano chiles
- 2 medium tomatoes, cut into 1/4-inch-thick wedges (about 3/4 pound)

Directions:

- Prepare grill or broiler.
- Place steak on a grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until desired degree of doneness.
- Cut the steak diagonally across grain into thin slices; cut each slice into 2-inch pieces.
- Combine the steak, shallots, and remaining ingredients, and toss gently.

Yield: 4-1 cup servings

Nutritional Information: Calories 214 (39% from fat); FAT 9.2g; Iron 2.8mg; Cholesterol 59mg; Calcium 17mg; Carbohydrate 7.6g; Sodium 407mg; Protein 25g; Fiber 1.1g

Recipe Source: *Cooking Light*, October 2001

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.