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## Grilled Steak & Arugula Salad

- 1½ lb. small red potatoes
- ¼ lb. green beans
- 2 cups frozen corn kernels
- 1 tsp. salt
- 3 tsp. ancho chili powder
- 1 tsp. plus 2 Tbsp. light brown sugar
- 1 flank steak (1½ lb.)
- 1 Tbsp. olive oil
- ½ cup ketchup
- 2 Tbsp. cider vinegar
- 2 tsp. Dijon mustard
- 1 tsp. each cumin and coriander
- 5 cups packed arugula (about 5 oz.)



1. Cook potatoes in pan of simmering salted water to cover until tender, 15–20 minutes. Cut into ½-inch slices. In separate pan of boiling salted water, cook beans until crisp-tender, about 5 minutes; add corn for last 1 minute. Drain.
2. Preheat broiler or grill. Combine salt with 1 teaspoon each chili powder and sugar. Sprinkle on steak; rub with oil. Cook to medium-rare, 8 minutes. Let stand 10 minutes before thinly slicing.
3. In large bowl, whisk together ketchup, ¼-cup water, vinegar, 2 tablespoons brown sugar, mustard, 2 tsp. chili powder, cumin and coriander. Add arugula, potatoes, beans, corn and steak, and toss to combine.

Makes 6 servings

Per serving: 404 calories, 12 g fat, 50 g carbohydrates (7.2 g fiber), 30 g protein, 729 mg sodium