

### ***Marinated flank steak salad***

Total time: 1 hour, plus 1 hour marinating time

Servings: 4

1/4 cup toasted sesame oil  
1/2 cup soy sauce  
1/4 cup lime juice  
1/4 cup orange juice  
1 teaspoon lime zest  
1 teaspoon orange zest  
2 tablespoons minced garlic  
2 tablespoons minced fresh ginger  
1 serrano or jalapeno chile, seeded, cored and minced  
1 3/4 pounds flank steak

1. Mix the sesame oil, soy sauce, lime juice, orange juice, lime zest, orange zest, garlic, ginger and minced chile to make a marinade. Put the flank steak in a large resealable plastic bag and pour the marinade over the top. Close the bag and refrigerate for about 1 hour.

### ***Dressing***

2 tablespoons toasted sesame oil  
2 tablespoons peanut oil  
1/4 cup rice vinegar  
Juice of 1 lime  
Juice of one-half Valencia orange  
1 teaspoon minced ginger  
1/2 teaspoon minced garlic  
1 tablespoon honey  
1 tablespoon soy sauce

1. Mix together the sesame oil, peanut oil, rice vinegar, lime juice, orange juice, ginger, garlic, honey and soy sauce in a bowl. Cover and refrigerate. Makes two-thirds cup.

### ***Steak and assembly***

1 bunch thin asparagus  
2 tablespoons peanut oil  
1/4 teaspoon salt  
1/8 teaspoon pepper

### ***Marinated flank steak***

2 (5-ounce) bags arugula  
1 pint red cherry tomatoes, sliced in half  
1 small red onion, peeled and sliced very thin

1. Wash and trim the asparagus. Brush with the peanut oil and season with salt and pepper. Heat a seasoned grill pan over medium- high heat. Grill the asparagus, rolling them to cook all sides until they are just tender, about 5 to 7 minutes. Remove from the pan and set aside.

2. Remove the steak from the marinade and grill for approximately 6 minutes on each side until medium rare. Let rest for about 5 minutes and slice very thinly on the bias against the grain.

3. Put the arugula, tomatoes and onions in a large bowl. Add the asparagus. Pour dressing over the salad and gently mix to coat. Arrange the steak slices on top.

Each serving: 608 calories; 46 grams protein; 17 grams carbohydrates; 3 grams fiber; 40 grams fat; 11 grams saturated fat; 102 mg. cholesterol; 806 mg. sodium.