

Layered Beef Salad On-The-Go

Recipe Source: BeefItsWhatsForDinner.com



Ingredients

3 ounces cooked lean beef (such as top sirloin, top loin (strip), tenderloin or flank steak), cut into slices
3 cups mixed salad greens or chopped romaine lettuce
1/2 cup assorted vegetables (such as shredded carrots, sliced cucumber, grape tomatoes, sliced radish, sugar snap peas)
1/4 cup cooked small pasta, rinsed drained chickpeas or Great Northern beans

Dressing:

1/4 cup Greek or plain nonfat yogurt
1 teaspoon honey
1/8 to 1/4 teaspoon chipotle pepper sauce
1/8 teaspoon ground cumin
2 teaspoons orange juice
1/8 teaspoon salt

Directions

1. Combine dressing ingredients in bottom of medium container or small bowl with lid.
2. Layer salad greens, vegetables, pasta or beans and beef on top of dressing. Close lid securely or cover bowl tightly with plastic wrap; refrigerate until ready to use.
3. Before serving, shake covered container to coat salad well.

