

## Grilled Sirloin with Cucumber-Tomato Salad • Serves 4

### GRILLED SIRLOIN

- 4 4-oz. sirloins
- salt and pepper

Prepare the grill, and lightly coat grill rack with cooking spray.

Season sirloin with salt and pepper to taste, then grill, covered, over medium-high heat for 4 minutes on each side or until it reaches desired degree of doneness.

### CUCUMBER-TOMATO SALAD

- 1 bunch arugula
- 1 large cucumber, peeled, halved lengthwise and thinly sliced
- 1 cup cherry tomatoes
- 2 Tbsp. red onion, minced
- 2 Tbsp. white vinegar
- 2 Tbsp. water
- 1 Tbsp. sugar
- ¼ tsp. salt

Combine cucumber, tomatoes and red onion in a medium bowl.

In a small bowl, whisk together vinegar, water, sugar and salt until the sugar is dissolved. Pour the mixture over the vegetables, and toss gently. Cover and refrigerate before serving.



### NUTRITION PER SERVING:

Calories: 240; Calories from Fat: 60; Total Fat: 7g;  
Saturated Fat: 2.5g; Cholesterol: 60mg; Protein: 35g;  
Total Carbs: 8g; Fiber: 1g; Sugar: 6g; Sodium: 230mg