

Gluten Free Recipes for Celiac Awareness Month

Beef Salad with Citrus Dressing

Serves one person



- 7 oz beef steak, thinly sliced
- 4 cups romaine lettuce, chopped
- 1 cup radishes, thinly sliced
- 1/2 cups red onions, thinly sliced
- 1/2 cups cucumbers, thinly sliced
- 2 Tbsp citrus dressing (see below for instructions)
- 1 mint leaf, chopped
- 1 basil leaf, chopped
- sea salt & pepper to taste

In a hot non-stick pan with grapeseed oil, add beef steak and basil leaf; stir and let sear.

When the beef is cooked, place over a bed of romaine lettuce (on a plate). Then, add onions, cucumbers, radishes and mint leaves to the plate. Lastly, drizzle salad with citrus dressing.

CITRUS DRESSING

- 1 lime, juiced
- 1 Tbsp soy sauce
- 1 tsp chilli pepper
- 1 tsp olive oil
- 1 tsp Dijon mustard
- sea salt & pepper to taste

In a sealable jar, add Dijon mustard, soy sauce, chilli pepper, olive oil and lime juice; shake well. Lastly, season the dressing with sea salt and pepper to taste; shake again.