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RECIPE

## Ginger-Grilled Sirloin Salad with Watercress

by [BERKELEY WELLNESS](#)

A rainbow of colors in this salad is a sure sign that you are getting a healthy helping of vitamins, minerals and phytochemicals. And by using a relatively lean cut of beef, you can have a meat dish that has a modest amount of saturated fat. To get the most mileage out of the grilled steak, slice it as thin as possible.

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**Makes 4 servings**

### Ingredients

- 1 tablespoon sesame seeds
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon coarsely chopped fresh ginger
- 2 cloves garlic, peeled
- ½ teaspoon red pepper flakes
- 10 ounces boneless sirloin steak
- 2 tablespoons rice vinegar

4 cups loosely packed watercress sprigs, tough stems removed

1½ cups frozen corn kernels, thawed

1 large red bell pepper, thinly sliced

2 scallions, thinly sliced

## Directions

1. In a small dry skillet, toast the sesame seeds over low heat until lightly toasted, about 3 minutes. Remove from the skillet and set aside.
2. Preheat the broiler. In a mini-food processor, combine the soy sauce, ginger, garlic and red pepper flakes, and process until very finely chopped.
3. Rub half of the soy sauce mixture over both sides of the steak and broil 4 to 6 inches from the heat for 4 to 5 minutes per side for medium. Transfer the steak to a plate and set aside.
4. Transfer the remaining soy sauce mixture to a salad bowl. Mix in the vinegar and any steak juices that have collected on the plate. Add the watercress, corn, bell pepper and scallions, and toss to combine.
5. Thinly slice the steak. Make a bed of watercress salad on 4 serving plates. Top with the steak slices. Sprinkle the salad with the toasted sesame seeds.

**Nutrition per serving:** 208 calories, 77g total fat (2.6g saturated), 46mg cholesterol, 3g dietary fiber, 18g carbohydrate, 19g protein, 314mg sodium.

**Good source of:** [selenium](#), [vitamin B12](#), vitamin B6, vitamin C, zinc.

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