

DINNER / 411 CAL.

Grilled Flank Steak Salad with Ginger-Wasabi Dressing

ACTIVE: 40 min TOTAL: 40 min

To keep prep time minimal, go for pre-shredded carrots and coleslaw mix. If you have leftover quinoa, skip Step 1 and use 2 cups in the salad.

- 1¼ cups water
- ¾ cup quinoa
- 3 scallions, chopped
- 3 tablespoons coarsely chopped fresh ginger
- 3 tablespoons rice vinegar
- 2 tablespoons lime juice
- 2 tablespoons canola oil
- 2 tablespoons reduced-sodium tamari
- 1 tablespoon honey
- 2 teaspoons wasabi powder
- ½ teaspoon kosher salt, divided
- 1 pound flank steak, trimmed
- ¼ teaspoon ground pepper
- 1 5-ounce package baby spinach, baby kale or arugula
- 2 cups shredded carrots
- 2 cups coleslaw mix or shredded cabbage

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Cover, reduce heat and simmer for 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Transfer to a large bowl.

2. Preheat grill to medium-high.

3. Meanwhile, combine scallions, ginger, rice vinegar, lime juice, oil, tamari, honey, wasabi powder and ¼ teaspoon salt in a blender. Puree until smooth.

4. Season steak with pepper and the remaining ¼ teaspoon salt. Oil the grill rack (see Tip, page 44). Grill the steak, turning once, 4 to 6 minutes per side for medium. Transfer to a clean cutting board to rest for 5 minutes. Thinly slice against the grain.

5. Toss spinach (or kale or arugula), carrots, coleslaw mix (or cabbage) and ½ cup of the dressing with the quinoa. Divide the salad among 4 large bowls, top with the steak and drizzle each serving with 1 tablespoon of the remaining dressing.

SERVES 4: 3 oz. steak & 2½ cups salad each

CAL 411 / FAT 16G (SAT 3G) / CHOL 70MG / CARBS 36G / TOTAL SUGARS 10G (ADDED 4G) / PROTEIN 32G / FIBER 6G / SODIUM 631MG / POTASSIUM 1,062MG.



Eat gluten-free and keep calories in check with this 1,500-calorie plan. It has tons of veggies and pops of flavor at every meal.

BY SARA HAAS, R.D.N., L.D.N.



BREAKFAST / 369 CAL.

Salsa Scrambled Eggs Top 2 scrambled eggs with 1 Tbsp. each shredded Jack cheese and fresh salsa and 1 teaspoon fresh cilantro. Serve with 2 corn tortillas and 1 small banana.



MORNING SNACK / 82 CAL.

Raspberry Yogurt with Dark Chocolate Mash 2 Tbsp. raspberries, ⅓ cup low-fat plain Greek yogurt and ½ tsp. honey. Top with 2 Tbsp. raspberries and a sprinkle of grated dark chocolate.



LUNCH / 367 CAL.

White Bean Spread with Fennel & Carrot Slaw Mash ½ cup canned white beans (rinsed) with 1 Tbsp. feta cheese and 2 tsp. vinaigrette. Spread on 3 gluten-free crackers (3"x4"). Toss ½ cup each shredded fennel and carrot with 1 Tbsp. lemon juice. Top the crackers with the slaw. Serve with 1 large kiwi.



AFTERNOON SNACK / 113 CAL.

Lime & Parmesan Popcorn Lightly coat 2 cups plain air-popped popcorn with olive oil cooking spray; toss with 1 Tbsp. Parmesan cheese, 1 tsp. lime zest and a pinch each of chili powder and salt.



DESSERT / 169 CAL.

Pretzels with Dark Chocolate & Peanut Butter Microwave 1 tsp. each creamy natural peanut butter and dark chocolate. Serve with 10 mini gluten-free pretzel twists and 1 cup nonfat milk.