



GRILLED VEGAS STEAK & SAUTÉED SUMMER VEGETABLES WITH LEMON HONEY & HERB VINAIGRETTE

INGREDIENTS

- 1 12 oz strip steak
- 2 turnips – quartered
- 1 squash - sliced
- 1 cup cherry tomatoes

VINAIGRETTE

- 2 garlic cloves – crushed
- 2 Tbsps. honey
- Zest & juice of 1 lemon
- Chopped fresh rosemary and lemon verbena (can substitute with other fresh herbs)
- 1/4 cup olive oil
- Salt and pepper to taste

DIRECTIONS

1. Set steak out to room temperature for 30 minutes to an hour.
2. Add 1 tsp. of oil to sauté pan.
3. Add quartered turnips to pan. Cook for 6-8 minutes until turnips are browned and crispy. Remove turnips from pan and set aside.
4. Add squash to pan and cook for 4 minutes, until lightly browned or until desired tenderness.
5. Add cherry tomatoes to pan and cook for 2-3 minutes until skins of tomatoes blister.
6. Remove squash and cherry tomatoes from pan and add to turnips in bowl.
7. Toss squash, turnips and cherry tomatoes with vinaigrette (reserve 2 Tbsps. of vinaigrette for plating).
8. Salt both sides of steak.
9. Grill steak on stovetop or grill for approximately 4-6 minutes or until desired internal temperature.
10. Allow steak to rest for 5-10 minutes.
11. Slice steak. Place turnip, squash and cherry tomatoes on plate with sliced steak.
12. Drizzle all ingredients with vinaigrette and garnish with fresh herbs
13. Enjoy!

INGREDIENTS SOURCED FROM OUR LOCAL PRODUCERS

- Vegas Strip Steak – **Payne County Beef** (Stillwater, OK)
- Parsley & fresh herbs – **Acadian Family Farm** (certified organic - Fort Cobb, OK)
- Cherry tomatoes – **A + H Urban Farm** (OKC, OK)
- Turnips – **The Looney Farm** (certified naturally grown - Alex, OK)
- Yellow summer squash – **Crows Vegetable Farm & Greenhouse** (Shawnee, OK)
- Raw honey- **Halls Beekeeping** (OKC, OK)
- Garlic – **Cedar Springs Farm** (Yukon, OK)
- Olive oil – **Ms. Nettie's Herbs, Spices & Teas** (OKC, OK)