

SWEET BASIL VINAIGRETTE – STEAK OR CHICKEN SALAD

INGREDIENTS:

For the Vinaigrette

5 tablespoons Extra Virgin Olive Oil

2 tablespoons Honey

2 tablespoons Lemon Juice, freshly squeezed

1 tablespoon Balsamic Vinegar

1 1/2 teaspoon Dijon Mustard

2 cloves Garlic, roughly chopped

3-5 leaves of Fresh Basil [depending on the size], rolled and sliced very thin. Don't cheat yourself, use fresh basil.

Salt and Pepper to taste

For the Salad

2 heads of Romaine Lettuce, quartered and chopped

Goat Cheese or even better Honey Goat Cheese

Kalamata Olives

Cherry tomatoes sliced in half

Small to medium, lean thick cut steak or grilled chicken

Sweet Basil Vinaigrette Dressing

DIRECTIONS:

To Make the Vinaigrette: Throw the chopped garlic into a mini food processor and pulse until very fine.

Then add the honey, lemon juice, balsamic vinegar, Dijon mustard.

While the food processor is running drizzle in the olive oil.

Add the basil and pulse until nicely blended. Season the dressing with salt and pepper to taste.

Pour the dressing into a container, cover and refrigerate for at least an hour to let the flavors meld.

Salt and pepper both sides of the steak. Add 1 tablespoon of olive oil to a pan and heat until almost smoking. Sear one side of the steak until almost blackened. Turn and sear the other side. Turn only once. You want a rare steak. Put on a plate and pour any juices over top. Tent with tin foil and let sit for a few minutes. Slice in thin strips

Layer lettuce, kalamata olives, cherry tomatoes, steak strips, crumble goat cheese and then drizzle with the dressing!