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## **Grilled Steak, Onion and Mushroom Arugula Salad**

### **Ingredients:**

2 cups arugula  
4 oz flank steak  
1 tbsp olive oil  
1/2 cup sliced red onion  
1/2 cup cremini or shitake mushrooms  
1/2 tsp each: garlic powder, onion powder, ginger, chili powder, paprika, and cayenne  
1 tsp brown sugar/Splenda blend  
1 tbsp low-sodium soy sauce  
Salt and pepper, to taste  
Balsamic vinegar to drizzle over salad

### **Directions:**

1. In a large Ziploc bag, combine garlic powder, onion powder, ginger, chili powder, paprika, cayenne pepper, soy sauce, and brown sugar. Shake thoroughly to mix well.
2. Add flank steak to bag and make sure rub thoroughly covers steak. Allow to marinate for 15 minutes.
3. Place sliced onions and mushrooms in tin foil and drizzle with olive oil, salt, and pepper.
4. Light grill.
5. Grill steak to desired temperature. Place veggies on grill for about 5-10 minutes, or until caramelized.
6. Top arugula with veggies, sliced steak, and drizzle with balsamic vinegar.