



## 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)