

Food bonus



Best main-course salad

Satisfying steak with herbs and greens



Best grilled sandwich

Simple, fresh, and a little salty

Thai beef salad

Elizabeth Miller, Lafayette, CA

SERVES 4 **TIME** 35 minutes

2 beef steaks (each 10 oz. and about 1 in. thick)

½ tsp. salt

1½ tsp. Asian chili garlic sauce, divided

1½ tbsp. white rice

¼ cup fresh lime juice

2 tsp. each packed brown sugar and fish sauce

1 English cucumber, halved lengthwise, seeded, and thinly sliced

4 cups salad greens

½ cup each cilantro and fresh mint and basil leaves, roughly chopped

¼ cup chopped toasted peanuts

1. Preheat broiler with rack 4 in. below heat. Sprinkle steaks all over with salt and rub each with ½ tsp. chili garlic sauce.
2. In a small frying pan over medium-high heat, toast rice until light brown. Let cool.
3. Meanwhile, put steaks on a baking sheet. Broil 4 minutes per side. Set aside.
4. In a spice mill or clean coffee grinder, grind rice to a powder.
5. In a small bowl, whisk together lime juice, sugar, fish sauce, and remaining ½ tsp. chili garlic sauce.
6. In a large bowl, toss cucumber, greens, cilantro, mint, and basil with half the dressing. Divide salad among 4 plates. Thinly slice steaks and arrange on salads. Drizzle with remaining dressing and sprinkle with rice powder and peanuts.

PER SERVING 373 CAL., 48% (180 CAL.) FROM FAT; 31 G PROTEIN; 20 G FAT (6.6 G SAT.); 16 G CARBO (4.1 G FIBER); 477 MG SODIUM; 79 MG CHOL.

Grilled open-face ham, brie, and arugula sandwiches

Karen Biggs, Lake Forest Park, WA

MAKES 20 small sandwiches, serving 10 to 20 for an appetizer or 10 for lunch

TIME 20 minutes

¼ cup olive oil plus more for grilling bread

Finely shredded zest and juice of 1 lemon

1 garlic clove, minced

1 tsp. sugar

Salt and freshly ground black pepper

20 slices (½ to ¾ in. thick) ciabatta (1 loaf)

1 lb. brie cheese, cut into ¼-by-2-in. slices

¾ lb. thinly sliced ham

About ½ lb. arugula

1. Put ¼ cup oil, the lemon zest and juice, garlic, sugar, and salt and pepper to taste in a blender. Pulse to combine. Set lemon dressing aside.
2. Prepare a charcoal or gas grill for medium heat (350° to 450°; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). Brush bread on both sides with oil and sprinkle with salt and pepper. Grill 2 minutes. Turn bread over, top with cheese, close lid, and grill until cheese melts, 1 to 2 minutes. Transfer bread to a platter.
3. Top cheese evenly with ham. In a large bowl, toss arugula with reserved lemon dressing and arrange a handful on each sandwich. Drizzle remaining dressing over sandwiches.

PER 2-SANDWICH SERVING 245 CAL., 59% (144 CAL.) FROM FAT; 12 G PROTEIN; 16 G FAT (4.9 G SAT.); 22 G CARBO (1.2 G FIBER); 580 MG SODIUM; 32 MG CHOL.

Lamb chops with roasted salsa

Christina Savino, Athens, Greece

SERVES 4 **TIME** 30 minutes

2 garlic cloves, chopped

3 tbsp. chopped fresh mint leaves

Finely shredded zest of 1½ lemons

½ cup olive oil, divided

2 tsp. kosher salt, divided

2 tsp. freshly ground black pepper, divided

8 lamb rib chops (about 1¼ lbs. total)

1 ripe tomato

1 small red onion, peeled and halved

2 bell peppers, seeded and quartered

¼ cup chopped flat-leaf parsley

2 tbsp. fresh lemon juice

1. Prepare a charcoal or gas grill for high heat (450° to 550°; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a large resealable plastic bag, combine garlic, mint, lemon zest, ¼ cup oil, and 1 tsp. each salt and pepper. Add lamb chops, seal bag, and shake to coat.
2. Grill tomato, onion, and bell peppers, turning twice, until soft and blackened, 6 minutes. Remove from heat. Remove chops from bag, keeping marinade on meat. Grill chops, turning once, until done the way you like, 5 minutes total for medium-rare (cut to test).
3. Chop vegetables and mix with remaining ¼ cup oil, the parsley, lemon juice, and remaining 1 tsp. each salt and pepper. Serve with lamb.

PER SERVING 578 CAL., 78% (450 CAL.) FROM FAT; 23 G PROTEIN; 50 G FAT (15 G SAT.); 8.4 G CARBO (2.1 G FIBER); 521 MG SODIUM; 99 MG CHOL.