

CHELTEN HOUSE  
*Menu Inspirations*

**BLACK & BLEU  
STEAK SALAD**

**LUNCH OR DINNER    PORTION SIZE: 1 SERVING**

**Ingredients**

- 4 oz Romaine, chopped
- ½ oz Carrots, shredded
- ½ oz Red Cabbage, shredded
- 2 ½ oz Flank Steak, seared, cooled & sliced
- 1 oz Tomatoes, diced
- ½ oz Red Onions, diced
- ½ oz Cucumbers, diced
- ½ oz Bleu Cheese, crumbled
- 2 oz **Chelten House Organic  
Low Fat Classic Caesar Dressing**

**Garnish**

- ½ oz Crispy Fried Onions



**Method:** Toss all ingredients with the **Chelten House Low Fat Classic Caesar Dressing**. Garnish with crispy fried onions.



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