

Thai Beef and Mango Salad

Diabetes: You Are In Control

Serves 4

Serving size 2 ½ cups



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Ingredients:

- ½ cup lime juice
- 2 Tbsp. brown sugar
- 3 Tbsp. reduced sodium soy sauce
- 2 Tbsp. vegetable or peanut oil
- 1 lb. lean top sirloin steak
- 2 scallions thinly sliced
- 2 cups shredded carrots (matchstick cut)
- ½ cup fresh cilantro or basil, chopped
- 1 mango peeled and diced
- 1 small head Boston lettuce torn into bite size pieces

Directions:

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. In medium bowl, whisk together lime juice, sugar, soy sauce, and oil.
3. Lay the steak in casserole dish. Pour half the marinade over it and flip the meat to coat it thoroughly. Place in refrigerator to marinate for at least 4 hours or overnight, and reserve the remaining marinade to use as dressing for salad.
4. In large salad bowl, combine the scallions, carrots, cilantro or basil, mango and lettuce.
5. Heat a heavy skillet over medium high heat. Remove steak from marinade and discard used marinade. Cook steak about 5 minutes per side until cooked to desired doneness. Transfer steak to cutting board and cool slightly, then slice across grain into ½ inch wide strips.
6. Dress the salad with reserved marinade and serve topped with slices of steak.

Equipment Needed:

- Casserole dish to marinate steak in
- Cutting board and knife
- Medium bowl
- Large salad bowl
- Whisk
- Salad tongs
- Large skillet

Nutrition Facts	
4 Servings	
Serving Size	2 1/2 cups
Amount per serving	
Calories	275
Total Fat 10g	
Saturated Fat 2.5g	
Trans Fat 0g	
Cholesterol 40mg	
Sodium 450mg	
Total Carbohydrate 22g	
Dietary Fiber 3g	
Total Sugars 16g	
Protein 25g	
Potassium 700mg	
Phosphorus 240mg	

Source: American
Diabetes Association
Diabetes Food Hub

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