

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



## *Dr. Sinatra's* **BUFFALO & SPINACH SALAD**

This hearty salad is so tasty and satisfying you might forget that it is also chock full of heart-healthy nutrients and fiber! Buffalo is a wonderful source of low-fat protein, and all the [vegetables](#) are rich in antioxidants and fiber. Blue cheese compliments red meat wonderfully, but less is more when it comes to health; organic goat or feta cheeses are healthier options. Raisins add fiber and a little taste of sweet! Serves 4.

- 4 ounce bison steaks (4 to 6 ounces each)
- 5 cups fresh, organic [spinach](#)
- 1 ½ medium [avocados](#), sliced into ½-inch cubes
- 2 medium tomatoes, sliced into small pieces
- ½ medium red onion, chopped
- 4 ounces cup crumbled goat, blue or feta cheese
- 1/4 cup raisins (optional)
- Sea salt and pepper
- 1 to 2 Tbsp coconut and [olive oil](#)
- 1 teaspoon chopped [garlic](#) or garlic salt, to taste

### Dressing:

- 1/2 cup extra virgin [olive oil](#), preferably organic
- 1/4 cup [red wine](#) vinegar
- 1 teaspoon Dijon mustard
- 1/8 teaspoon each [sea salt](#) and pepper
- ¼ teaspoon dried Italian herbs (oregano, basil, marjoram)
- 1 small clove garlic, minced (optional)

Wash and slice or chop all vegetables, and make dressing beforehand. To make dressing, combine all ingredients in a small glass jar and shake vigorously for a few seconds to mix. Dressing will keep in refrigerator for 5 or 6 days.

To prepare buffalo, season with garlic or garlic salt, pepper and salt and sear steaks over medium to high heat in a coconut oil and olive oil combination for 4 to 5 minutes on each side (searing means cooking a cut of meat or fish so that it is well done on the outside only, and rare to medium-rare in the inside; if you like your meats a bit more well done, cook for a little longer on each side).

While buffalo cooks, place all salad ingredients in a large salad bowl and toss with enough dressing to lightly coat (not drench), 3 to 4 Tbsp. Spoon salad onto individual plates and top with sliced buffalo tenderloin, then finish with fresh ground black pepper.