

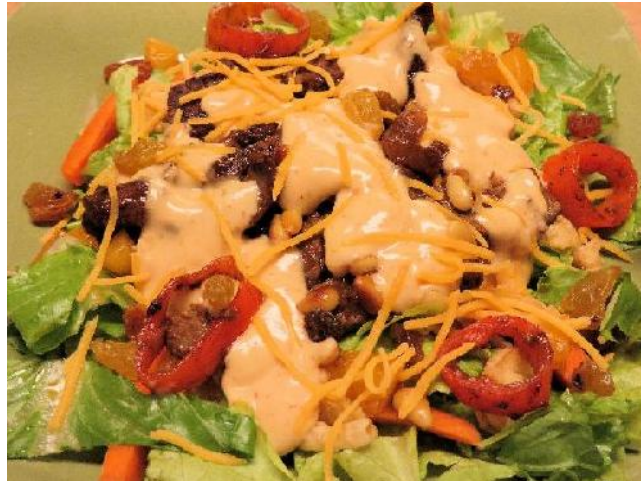
Orange Power Salad

Preparation: 20 Minutes, Cook Time: 25 Minutes

Yield: 4-6

Spanish Jack's Cookbook

Coffee Barbeque Sauce Recipes: **Beef or Chicken**



I have a dear high school girl friend who lives in Oklahoma. All I hear from her is about Oklahoma State University. Most of the photos that she sends me are OSU colors. It came to me to make a recipe for her favorite college, so why not make an Orange Power salad. I found all kinds of food items with the color orange in mind. Hey, I even thought of the salad dressing to spread more of that orange power. Why not make this recipe on the next (Oklahoma) OSU game day? I know I am from Ohio, so my next salad recipe will be for my OSU team.

Source: *Connie - Ohio*

For the Dressing:

3 tablespoons mayonnaise with Olive Oil
1 tablespoon Albertson's Sour Cream
1-2 tablespoon Spanish Jack's Mustard
Barbeque Sauce
3-4 teaspoons A1 Steak Sauce
1/4 teaspoon Garlic salt
1/2 teaspoon Paprika
1-2 tablespoon 1% Milk, or more
Ground Black Pepper, optional

Meats:

1-2 Tablespoon Olive Oil
1-2 tablespoon Brummel & Brown® Yogurt
Butter
3 Filet Mignon, or boneless, skinless
Chicken breast
1/2 teaspoon ground Black Pepper
1-2 Orange Banana Peppers, cut into rings

1/2 Orange Bell Peppers, cut into thin strips
1/4 - 1/2 cup Spanish Jack's Coffee
Barbeque Sauce
4 Mushrooms
1/4-1/2 cup Vidalia onion, cut into diced or
in chunks
1 minced garlic

Salad:

1-2 head Romaine lettuce, shredded thin
strips
1-2 Orange Tomatoes or few orange
cherry Tomatoes, cut into small cubes
Baby carrots, cut into strips
1-2 pinch shredded Cheddar cheese
1-2 pinch French-fried onions
1 tablespoon Yogurt butter
1/8 cup Pine Nuts
1-2 pinch Golden Raisins

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Directions:

Salad Dressing:

1. In a medium bowl, add mayonnaise, sour cream, Spanish Jack's Mustard Barbeque Sauce, A1 Steak Sauce, garlic salt and paprika. Stir together. To thin down this dressing, add a little milk until you get a smooth and flowing dressing. Stir again. Adding fresh ground black pepper is optional but be sure to stir. Cover the bowl and place the dressing in the refrigerator.

Meat:

1. Heat the oil and butter in a large skillet over medium-high heat.
2. While waiting for the butter to melt, start to work on the meat. Cut the meat into thin strips. If the strips are too long, cut the long strips in half. Cut away all the fat. Place the meat into the hot skillet. Cook the meat on both sides. Sprinkle the kosher salt and ground black pepper over the top of the meat strips.
3. Cut the top off a banana pepper. Remove the seeds from the banana pepper and rinse. Cut the banana peppers into rings. Cut the orange bell pepper into strips. Cut the mushrooms into half and then into thin slices. You can either dice or cut the Vidalia onion into chunks. Place the cut peppers, mushrooms and Vidalia onions on top of the cooking meat. Add the minced garlic and stir.
4. When the meat is thoroughly cooked, add the Spanish Jack's Coffee Barbeque Sauce. Reduce to low heat as soon as the juices have thickened.

Salad:

1. While the meat is cooking, it is time to assemble the salad. Put a pile shredded lettuce on a plate. Next add the cut orange tomatoes and carrots on top of the lettuce. Add a pinch or two of Cheddar Cheese and French-Fried Onions on top of the shredded lettuce.
2. In a small pan, melt the yogurt butter at a medium low heat. Add the pine nuts into the small pan. Cook the pine nuts until they are golden. Remove from heat to cool.
3. Add the strip meat with the orange peppers on top of the lettuce before drizzling the dressing all over the top. If the dressing is too thick, add more milk and stir. Pour the dressing into a squeeze bottle to make it easier to drizzle the dressing over the salad. The dressing should be thin enough to drizzle, but thick enough to stick to the lettuce.
4. Add the cooked pine nuts and golden raisins on top of the salad before serving. Keep the extra ingredients such as cut tomatoes, carrots, golden raisins, pine nuts, shredded Cheddar Cheese and dressing on the side for your guest.




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