



## Swimsuit-Ready in 20 Days: Dinner Recipes

### Argentine-Style Steak Salad with Watercress and Mustard-Cilantro Vinaigrette

**¼ cup white vinegar**

**1 ½ teaspoons Dijon mustard**

**6 ounces bison steak**

**4 bunches watercress, washed and patted dry**

**5 radishes, thinly sliced**

*2 tablespoons dried cilantro*

*Salt and cracked black pepper to taste*

*1 teaspoon ground cumin*

*1 teaspoon ground coriander*

*Cooking oil spray*

1. In a mixing bowl, whisk together the vinegar, Dijon mustard, cilantro, salt and pepper. Set aside.

2. Season the bison steak with cumin, coriander, salt, and pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Add the steak and sear on each side to desired doneness, turning once. Remove the steak from the skillet and let stand for 1 minute. Slice the steak.

**To Serve:** Toss the watercress with the vinaigrette and place it on plates. Top with steak slices and garnish with radish slices. **NOTE:** Bison is very lean meat, and has the best flavor and texture when cooked to medium-rare.

**Serving:** 2