

# Quarantine Cuisine

From Plant-Based to Keto to Kid-friendly



**Recipe: (serves ~4)**

**8 ounces whole white mushrooms  
2 red peppers, sliced  
2 yellow peppers, sliced  
1 purple onion, 3/4" slices  
4 scallions, chopped  
4 ounces parmesan, shaved  
16 ounces preferred cut of steak**

**Sprinkle steak with seasoned salt and lemon pepper. Lightly coat veggies with salad dressing. Grill until veggies are lightly charred and steak is at desired temp.**

**Slice steak and serve separately along with grilled veggies, washed arugula, shaved parmesan and chopped scallions. Assemble salad as preferred. Dress with 2 TBS dressing and enjoy!**

**Dressing:**

**1/2 cup olive oil  
3/4 cup white balsamic vinegar  
2 TBS agave syrup or honey  
2 TBS basil, chopped  
1 TBS garlic, chopped**

**Mix ingredients well and serve**

**Nutrition Info:**

**Plant-based salad (Arugula/veggies)  
Approx 110-120 calories/serving**

**Keto  
Add 4 oz steak ~320 calories  
1 oz shaved parmesan ~120 calories**

**Dressing  
60 calories per TBS ~120 calories per 2 TBS serving**