

Steak & Tomato Salad

Total Recipe Time: 10 to 15 minutes

12 ounces grilled beef steak, cut into slices
4 cups arugula leaves, torn into pieces
6 small vine-ripened tomatoes, sliced
1/3 cup balsamic vinaigrette
Salt and pepper
1/4 cup Parmesan cheese shavings



1. Arrange arugula and tomatoes on serving platter; drizzle with dressing. Top with steak slices; sprinkle with salt, pepper and cheese shavings.

Makes 4 servings

Nutrition information per serving, using top sirloin steak: 266 calories; 12 g fat (3 g saturated fat; 2 g monounsaturated fat); 53 mg cholesterol; 351 mg sodium; 9 g carbohydrate; 2 g fiber; 30 g protein; 8.3 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 2.4 mg iron; 31.7 mcg selenium; 5.3 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

Recipe adapted from and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons