

Mustard-Crusted Steak Salad with Blue Cheese

INGREDIENTS:

- 3 cups baby spinach, cleaned and dried
- ¼ cup crumbled Blue cheese
- 1 tablespoon Dijon mustard
- 3 ounces beef tenderloin, cut across the grain into thin slices
- 1 slice red onion
- 3 cherry tomatoes
- 2 mushrooms, sliced
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1 tablespoon pine nuts, toasted (optional)

DIRECTIONS:

Arrange spinach on a dinner plate; sprinkle cheese on top. Set aside.

Spread a thin layer of mustard over both sides of beef slices. Heat a small, non-stick skillet over medium-high heat and cook beef slices, about 1 minute per side or until browned.

Place beef slices on top of spinach. Separate onion slice into rings and arrange around salad with tomatoes and mushrooms. Mix vinegar and olive oil together and drizzle over salad. Scatter pine nuts over top, if desired.

Makes: 1 servings
Prep time: 15 minutes
Cook time: 2 minutes

NUTRITIONAL FACTS PER SERVING

Calories: 340
Total Fat: 18 g
Saturated Fat: 8 g
Cholesterol: 70 mg
Sodium: 750 mg
Calcium: 20% Daily Value
Protein: 27 g
Carbohydrates: 19 g