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# GRILLED STEAK WITH BABY ARUGULA AND PARMESAN SALAD

Few people will object to steak for dinner especially if it's on a bed of lemony arugula salad. This quick and no-fluff recipe will have you enjoying dinner in just 20 minutes!



4 SERVINGS



20 MIN



1 STEAK + 1 CUP ARUGULA SALAD  
+ 1 LEMON HALF

## INGREDIENTS

- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper, divided
- 4 (4-ounce) flat-iron steaks
- 2 lemons, halved
- 1 tablespoon chopped fresh chives
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Dijon mustard (certified gluten-free if necessary)
- 1/8 teaspoon kosher salt
- 4 cups loosely packed baby arugula
- 1/4 cup (1 ounce) shaved fresh Parmigiano-Reggiano cheese

## INSTRUCTIONS

1. Heat a grill pan over medium-high heat. Rub thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper over steaks. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan. Add lemon halves, cut sides down, to pan; cook 3 minutes. Cut steaks across the grain into thin slices.
2. Combine remaining 1/4 teaspoon pepper, chives, and next 4 ingredients (through 1/8 teaspoon salt), stirring with a whisk. Drizzle over arugula; toss to coat. Arrange 1 steak, 1 cup arugula, and 1 lemon half on each of 4 plates; top each salad with 1 tablespoon cheese.

CookingLight  
**DIET**

## CALORIES 258

Fat	16g
Saturated fat	4g
Monounsaturated fat	3g
Polyunsaturated fat	0g
Protein	25g
Carbohydrate	4g
Fiber	1g
Sugars	1g
Cholesterol	75mg
Iron	17%
Sodium	360mg
Calcium	12%
Potassium	122mg
Vitamin A	11%
Vitamin C	27%

HP

LC

GF

LS

## PREP POINTER

Don't cut into the steak until you're ready to serve. This will keep the juice intact and the meat as moist as possible!

NUTRITIONAL INFO

BLUEPRINTS