

STEAK BAGUETTES WITH PESTO MAYO

Piled high with steak and veggies, the real treat on this sandwich is the sauce, a pesto mayonnaise. The tender bites of sirloin steak will have you coming back for more of this high protein, iron-rich sandwich.



4 SERVINGS



1 SANDWICH



20 MIN

INGREDIENTS

- 1 (12-ounce) boneless beef sirloin steak (about 1 inch thick), trimmed
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons canola mayonnaise
- 2 tablespoons refrigerated pesto sauce
- 1 (12-ounce) piece white or whole-grain baguette, split in half horizontally
- 1 cup packed baby arugula (about 1 ounce)
- 3 (1/8-inch-thick) red onion slices
- 2 plum tomatoes, thinly sliced lengthwise

INSTRUCTIONS

1. Heat a grill pan over medium-high heat. Sprinkle steak with salt and pepper. Add steak to pan, and cook 2 1/2 minutes on each side or until desired degree of doneness. Remove the steak from pan, and let stand 5 minutes. Cut steak across grain into thin slices.
2. Combine mayonnaise and pesto, stirring until well blended. Spread mayonnaise mixture evenly over cut sides of bread. Layer bottom half of bread with arugula, red onion, steak, and tomato; top with top half of bread. Cut sandwich diagonally into 4 equal pieces.



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CALORIES 358

Fat	11g
Saturated fat	2g
Monounsaturated fat	4g
Polyunsaturated fat	1g
Protein	25g
Carbohydrate	39g
Fiber	2g
Sugars	1g
Cholesterol	45mg
Iron	14%
Sodium	674mg
Calcium	6%
Potassium	387mg
Vitamin A	10%
Vitamin C	13%

HP

DF

NUTRITIONAL INFO

BLUEPRINTS

PREP POINTER

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

CookingLight
DIET