

Beef & Heirloom Tomato Salad With Balsamic Syrup

Thyme-rubbed steaks are quickly cooked in a skillet and then sliced to serve atop this easy salad of arugula and tomatoes.

INGREDIENTS

2 beef Chuck Arm Steaks, cut 3/4 inch thick (about 8 ounces each)

1-1/2 teaspoons chopped fresh thyme

1-1/2 teaspoons minced garlic

4 cups arugula leaves, torn into pieces

6 small heirloom tomatoes (2 each red, green and yellow), sliced

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup Parmesan shavings

1 cup balsamic vinegar

1/2 teaspoon salt

1/4 teaspoon pepper

1-1/2 tablespoons olive oil



35 Min



4

Servings



42 Cal



27g

Protein

COOKING

1. To prepare Balsamic Syrup, bring vinegar to a boil in medium saucepan; reduce heat and simmer 20 minutes or until reduced to about 1/3 cup (consistency will be syrupy). Remove from heat; cool. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Whisk in oil.

2. Meanwhile, press thyme and garlic evenly onto beef Chuck Arm Steaks. Spray large nonstick skillet with cooking spray; heat over medium heat until hot. Place steaks in skillet; cook 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness, turning twice. Carve steaks into thin slices. Arrange arugula and tomatoes on serving platter; drizzle with Balsamic Syrup. Top with steak slices; sprinkle with 1/2 teaspoon salt, 1/4 teaspoon pepper and cheese shavings.

Recipe and photo as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		13g	68mg		18g	27g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com