

Healthy Steak and Cheese Salad

Serves: 4

Prep Time: 5 minutes

Cook Time: 10 min to 12 minutes

2 boneless beef top loin (strip) steaks, cut 3/4 inch thick
(about 8 ounces each)

1 Tbsp. Mrs. Dash® Tomato Basil Garlic Seasoning or Mrs. Dash® Garlic & Herb Seasoning Blend

4 cups arugula, torn into pieces

6 small heirloom tomatoes (2 each red, green and yellow), sliced
(about 1-1/2 pounds)

1/4 cup shredded Monterey Jack cheese

1/4 cup shredded Sharp Cheddar cheese

Vinaigrette dressing (any variety)



Press Mrs. Dash® Seasoning evenly onto beef steaks. Spray large nonstick skillet with cooking spray; heat over medium heat until hot. Place steaks in skillet; cook 10 to 12 minutes for medium rare to medium doneness, turning occasionally. Carve steaks into thin slices.

Arrange arugula and tomatoes on serving platter; drizzle with vinaigrette and toss. Top with steak slices; sprinkle with cheeses.

Recipe courtesy of The Beef Checkoff