MUSTARD-CRUSTED STEAK SALAD WITH BLUE CHEESE

Recipe created on behalf of 3-A-Day of Dairy by Chef Federico Elbl of Palermo Viejo, Louisville, Ky.

Makes: 1 serving
Prep time: 15 minutes

Ingredients:

3	cups baby spinach, clean and dried
1/4	cup (l ounce) crumbled Blue cheese
1	tablespoon Dijon mustard
3	ounces beef tenderloin, cut into thin slices
	non-stick cooking spray
1	slice red onion
3	cherry tomatoes
2	mushrooms, sliced
1	tablespoon balsamic vinegar
1	teaspoon olive oil
1	tablespoon toasted pine nuts, optional

Arrange spinach on a large plate; sprinkle cheese over top.

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

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

Nutritional Facts per serving for meal recipe:

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
Dietary Fiber	5 g