

# GET HEALTHY. STAY HEALTHY.

## Memorial Health & Wellness Program

### HEALTHY RECIPE – Grilled Steak with Baby Arugula and Parmesan Salad

**Makes: 4 Prep Time: 15 minutes • Total Time: 30 minutes**

#### 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



#### Direction

- 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.
- 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.

#### Nutrition

**Serves: 4 | Serving Size: 1 steak + 1 cup arugula salad + 1 lemon half**

**Per serving:** Calories: 258; Total Fat: 16g; Saturated Fat: 4g; Monounsaturated Fat: 3g; Cholesterol: 75mg; Sodium: 360mg; Carbohydrate: 4g; Dietary Fiber: 1g; Sugar: 1g; Protein: 25g

If you have questions about this topic or need a physician, contact LCMH Health and Wellness Program at 494-2992.



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