



1213 East 2100 South
Salt Lake City, UT 84106
Phone: (801) 487-9976
e-mail: Becky-utdairy@msn.com

KSL TV, Eyewitness News at Noon

Monday, April 18, 2005

“Mustard Steak w/ Blue Cheese Salad”

Becky Low, Home Economist
Dairy Council of Utah

This salad is a very nice compliment of flavors and packs a powerful punch of nutrients for lunch or dinner. Recipe created on behalf of 3-A-Day of Dairy by Chef Federico Elbl of Palermo Viejo, Louisville, KY. Portions given are for 1 serving.

Ingredients:

- 3 cups baby spinach
- 1/4 cup crumbled blue cheese
- 1 tablespoon Dijon mustard
- 3 ounces beef tenderloin
- 1 slice red onion
- 3 cherry tomatoes
- 2 mushrooms, sliced
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1 tablespoon toasted pine nuts, optional

Method:

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

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

Arrange 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.

For more 3-A-Day of Dairy recipes visit www.3aday.org