



Beef Tenderloin and Arugula Salad

Recipe courtesy Chef Bryan Woolley

¼ cup finely chopped shallots
¾ cup mango nectar
2 beef tenderloin steaks (8 ounces each)
6 cups packed arugula
1 ripe mango, peeled and sliced ½ ripe avocado, peeled and thinly sliced
¼ cup grated parmesan cheese
Salt and Pepper to taste

1. Combine shallots and mango nectar in a small saucepan. Bring to a boil and reduce mixture by half.
2. Heat a large non-stick skillet on the stove.
3. Sear each side of the steaks for about 3-4 minutes on each side. Remove steaks and let them rest for about 5 minutes on a cutting board.
4. Arrange arugula on four serving plates. Arrange mango and avocado slices attractively over arugula. Carve steaks crosswise into thin strips; arrange over salads.
5. Drizzle mango mixture over salads. Serve and Enjoy!

Makes 4 servings

Nutrition Facts

Serving Size: ¼ vegetables and 4 ounces beef
Calories 330
Total Fat 16g
Saturated Fat 6g
Cholesterol 75mg
Sodium 200mg
Carbohydrates 20g
Dietary Fiber 3g
Protein 28g

Diabetic Exchanges

Protein 4
Carbohydrates 1.5
Fat 3