

Beef Tenderloin and Arugula Salad



Recipe Courtesy Chef Bryan Woolley

Serves 4

- 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!

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

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