



# READ<sup>®</sup>

## 3 BEAN AND STEAK SALAD

**SERVES:** 2 SERVINGS | **PREP & COOK TIME:** 28 MINUTES

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### INGREDIENTS

- 1 can (15 ounces) READ 3 Bean Salad
- 1 ribeye or top sirloin steak, about 8 ounces (see note)
- 1/2 teaspoon vegetable oil
- 1/4 teaspoon salt
- 2 cups arugula
- 1/2 cup chopped herbs (see note)

### DRESSING:

- 2 tablespoons olive oil
- 1 tablespoon plain fat-free yogurt
- 1 tablespoon fresh lemon juice
- 1 teaspoon prepared horseradish
- 1/8 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

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## INSTRUCTIONS

1. Drain bean salad. Reserve half of liquid. Place beans and reserved liquid in large bowl.
2. Heat cast iron skillet or other heavy skillet over medium-high heat.
3. Meanwhile, lightly brush both sides of steak with oil. Sprinkle steak evenly with salt.
4. Place steak in skillet. Cook 4 minutes on each side, or to desired doneness. Remove steak from pan. Allow steak to rest 10 minutes, covered lightly with aluminum foil. Slice steak.
5. Meanwhile, add arugula and herbs to bowl with bean salad. Toss gently to combine.
6. In small bowl, whisk together oil, yogurt, lemon juice, horseradish, salt and pepper. Set aside. Whisk again before serving.
7. Divide salad between two plates. Top evenly with steak slices. Drizzle dressing over salads..

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### FIND IT ONLINE:

<http://www.readsalads.com/recipes/2019/5/15/3-bean-and-steak-salad>

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