

Lettuce is the third-most-popular vegetable in the United States, after tomatoes and potatoes.



## Meat Up

This hearty salad offers meat lovers a taste of flavorful steak without going overboard. Use a lean cut such as filet mignon, flank steak, or top loin.

### Arugula Steak Salad With Peppercorn Dressing

Makes 6 servings

#### Ingredients

##### Dressing

- ½ cup low-fat buttermilk
- 1 tbsp mayonnaise
- ½ tsp sherry vinegar
- ½ tsp finely minced garlic
- ½ tsp cracked black pepper, or more to taste
- ¼ tsp kosher salt

##### Salad

- 4 cups baby arugula
- 2 cups watercress
- ½ red onion, thinly sliced
- 18 cherry tomatoes
- 1 medium red pepper, thinly sliced
- 1 medium yellow pepper, thinly sliced
- 1½ lbs lean steak, with fat trimmed
- ¼ cup crumbled blue cheese

#### Directions

1. Combine dressing ingredients in a small bowl. Whisk until blended.
2. In a large bowl, combine lettuces, onion, cherry tomatoes, and peppers. Toss with a small amount of dressing. Divide evenly onto 6 plates.
3. Grill steak over medium-high heat until medium rare, about 5 minutes per side, depending on thickness. Slice crosswise into thin slices.
4. Arrange steak atop salad on each plate. Garnish with blue cheese. Serve immediately.

#### Per serving

343 calories, 25 g protein, 7 g carbohydrate, 23 g fat (10 g saturated fat), 80 mg cholesterol, 2 g fiber, 4 g sugar, 276 mg sodium. Calories from fat: 61%

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## BREAKFAST 411



**Toast:** This once humble breakfast food now enjoys new levels of hipness. Fancy toast is popping up on menus across the country—from brioche with ricotta and homemade jam to rye with hardboiled eggs and Gruyère.

Why the buzz around toast? Joshua McFadden, the Oregon chef behind Portland's Roman Candle, a bakery café with seven varieties of toast on its breakfast menu, says toast is "a wonderful vehicle with endless possibilities." Get the best quality, 100% whole grain bread you can find, then try these toppings:

- **Avocado:** McFadden likes his with a squeeze of lemon juice, sprinkle of salt and pepper, and pickled chili.
- **Egg salad:** Make a breakfast-worthy egg salad by mashing hard-boiled eggs with lemon and olive oil. Top with arugula or a slice of bacon.
- **Bee pollen:** At Roman Candle, McFadden gussies up buttered toast with honey, bee pollen, and salt.
- **Smashed beans:** Heat garbanzo beans with garlic and chili powder. Mash with lemon juice and olive oil and top your toast.
- **Smoked salmon:** Cream cheese and lox works as well on toast as it does on bagels.

—**Kerri-Ann Jennings**