



Herbed Filet Mignon, Bean, and Arugula Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 quart lightly arugula packed
- ☐ 1 pound filet mignon steaks thick fat trimmed ()
- ☐ 3 tablespoons sage leaves fresh minced
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings lemon wedges
- ☐ 0.8 lb beans such as aztec dried white

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons oregano leaves fresh minced
- ☐ 0.5 teaspoon pepper

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Sort beans for debris, then rinse. Bring beans and 6 cups water to a boil over high heat in a 5- to 6-quart pan. Cover, boil for 2 minutes, and remove from heat. Beans are ready to cook after soaking for 2 hours, but are more digestible after 4 hours.
- ☐ Drain and rinse beans.
- ☐ Brown meat in 1 teaspoon oil in a 10- to 12-inch frying pan over medium-high heat, turning as needed, about 20 seconds per side. Discard oil.
- ☐ Lift meat to a 9-inch baking pan.
- ☐ Bake in a 350 oven until a thermometer inserted into side of a steak reaches 128, 20 to 25 minutes.
- ☐ Let meat cool, then chill airtight until cold, about 1 hour.
- ☐ Combine sage, thyme, and oregano; set aside 3 tablespoons of the mixture. Thinly slice meat across the grain and place in the 9-inch pan.
- ☐ Mix with 2 tablespoons oil, then sprinkle evenly with remaining herbs, salt, and pepper. Chill airtight at least 30 minutes or up to 4 hours.
- ☐ While meat cooks and cools, bring beans and 2 quarts water to a boil over high heat in a 5- to 6-quart pan. Reduce heat and simmer, covered, for 40 minutes.
- ☐ Add 1 teaspoon salt and 1/2 teaspoon pepper. Simmer until beans are just tender to bite, 30 to 40 minutes.
- ☐ Drain; transfer to a bowl.

- ☐ In a 6- to 8-inch frying pan over medium heat, stir remaining oil and the garlic until garlic is pale golden, about 2 minutes. Stir in reserved herb mixture.
- ☐ Combine with beans.
- ☐ Add lemon juice. If making ahead, chill airtight up to 4 hours.
- ☐ Bring meat (and beans, if chilled) to room temperature. Arrange arugula in a wide bowl. Spoon beans and then beef on top.
- ☐ Garnish with parmesan and serve with lemon wedges to squeeze over salad.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:49.091738742331%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 10.17mg, Isorhamnetin: 10.17mg, Isorhamnetin: 10.17mg, Isorhamnetin: 10.17mg Kaempferol: 85.44mg, Kaempferol: 85.44mg, Kaempferol: 85.44mg, Kaempferol: 85.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.81mg, Quercetin: 18.81mg, Quercetin: 18.81mg, Quercetin: 18.81mg

Nutrients (% of daily need)

Calories: 412.35kcal (20.62%), Fat: 8.12g (12.49%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 45.93g (16.7%), Sugar: 6.98g (7.76%), Cholesterol: 0mg (0%), Sodium: 79.24mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Copper: 14.7mg (735.18%), Vitamin K: 281.88µg (268.46%), Manganese: 2.99mg (149.31%), Folate: 568.69µg (142.17%), Vitamin A: 5825.27IU (116.51%), Iron: 14.47mg (80.38%), Fiber: 18.74g (74.98%), Magnesium: 294.25mg (73.56%), Potassium: 2492.13mg (71.2%), Calcium: 671.75mg (67.17%), Vitamin C: 45.21mg (54.79%), Phosphorus: 392.31mg (39.23%), Vitamin B1: 0.5mg (33.44%), Zinc: 4.48mg (29.86%), Vitamin B6: 0.51mg (25.56%), Vitamin B2: 0.37mg (21.58%), Vitamin B5: 1.72mg (17.21%), Selenium: 12.02µg (17.17%), Vitamin E: 2.45mg (16.31%), Vitamin B3: 1.33mg (6.67%)