

Tagliata Con Rucola (Italian Steak and Arugula Salad)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/is-arugula-salad-an-italian-recipe>

Ingredients:

- 8 ounces beef rib eye steak grilled to your prefs and sliced thin
- salt
- black pepper
- 1/8 teaspoon dried oregano
- 7 ounces arugula or rocket
- 1 ounce microgreens optional
- 4 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar or balsamic vinegar
- 1/4 cup shaved Parmesan cheese or pecorino romano cheese
- 1/4 small red onion thinly sliced
- 1/2 cup cherry tomatoes halved

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 45 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 340 milligrams
9. Sugar: 2 grams

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