

Steak and White Bean Vegetable Salad with Dijon Balsamic Dressing



2 Servings

45 minutes

INGREDIENTS

Salad

- 1 lb steak (New York strip, ribeye, or sirloin), cooked and sliced
- 1 (15-oz) can white beans (cannellini or great northern), drained and rinsed
- 8 oz baby bella mushrooms, cleaned and sliced
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 tablespoon olive oil (for mushrooms)
- 1½ tablespoons olive oil (for vegetables), divided
- Salt and black pepper, to taste

Balsamic Sautéed Mushrooms

- 1 clove garlic, minced
- 1 tablespoon balsamic vinegar
- ¼ teaspoon salt, or to taste
- ¼ teaspoon black pepper

Dijon Balsamic Dressing

- 2 tablespoons balsamic vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon honey, to taste
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Garnish

- Shaved Parmesan cheese
- Fresh Italian parsley, chopped

DIRECTIONS

1. Cook the steak: Season steak with salt and pepper and sear or grill to desired doneness. Rest 5–10 minutes, then slice against the grain.
2. Make the mushrooms: Heat 1 tablespoon olive oil in a skillet over medium-high heat. Add mushrooms in an even layer and cook undisturbed for 4–5 minutes. Stir and cook 3–4 minutes more until caramelized. Add garlic and cook 30 seconds. Reduce heat, add balsamic vinegar, salt, and pepper, and cook 1–2 minutes until glossy.
3. Sauté vegetables: Heat remaining olive oil in a skillet. Add zucchini and yellow squash, season lightly, and sauté until just tender with light browning.
4. Make dressing: Whisk balsamic vinegar, olive oil, Dijon, honey, salt, and black pepper until emulsified.
5. Assemble: Combine steak, beans, mushrooms, zucchini, and squash. Drizzle with dressing and toss gently.
6. Finish: Garnish with shaved Parmesan and fresh parsley.

Storage

Store in an airtight container in the refrigerator for up to 2 days. Add Parmesan and parsley just before serving.

Nutrition per serving (approximate): Calories: 650 Protein: 44g Fat: 38g Carbohydrates: 30g