

MENU SERVES 4

**SAUTÉED FLANK STEAK WITH
ARUGULA AND ROASTED
CAULIFLOWER AND RED PEPPERS
RUM RAISIN POACHED PEARS
EACH SERVING ABOUT 589 CALORIES
AND 22 GRAMS FAT**

**SAUTÉED FLANK STEAK
WITH ARUGULA AND
ROASTED CAULIFLOWER
AND RED PEPPERS**

SERVES 4

Active time: 50 min Start to finish: 1¼ hr

- 1 large head cauliflower (2½ lb), cut into 1½-inch-wide florets (8 cups)**
- 2 lb red bell peppers (about 5), cut into 1-inch squares**
- 4 large garlic cloves, peeled**
- 1½ tablespoons extra-virgin olive oil**
- 2 teaspoons chopped fresh thyme**
- 1½ teaspoons salt**

- 1½ teaspoons coarsely ground black pepper**
- 1 (1-lb) piece flank steak, halved lengthwise (along the grain)**
- ½ tablespoon vegetable oil**
- 3 oz baby arugula**
- ½ cup fat-free reduced-sodium chicken broth**
- 2 teaspoons red-wine vinegar, or to taste**

- ▶ Put oven rack in upper third of oven and preheat oven to 500°F.
- ▶ Toss cauliflower, bell peppers, and garlic with olive oil, 1 teaspoon thyme,

Double duty: Roasted peppers are both tossed with cauliflower and arugula for a colorful side dish and puréed to add body and flavor to a sauce.

