

Tenderloin, Cranberry and Pear Salad with Honey Mustard Dressing

Total Recipe Time: 25 minutes

Makes 4 servings

Ingredients

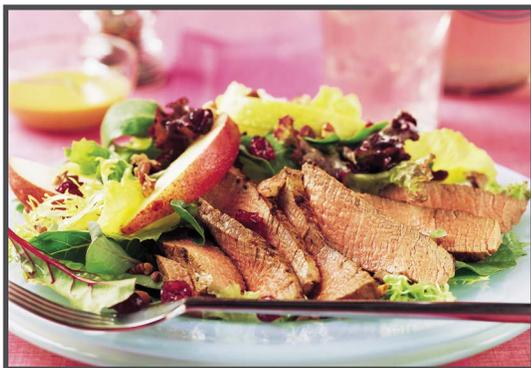
- 4 beef Tenderloin Steaks, cut ¾ inch thick (4 ounces each)
- ½ teaspoon coarse grind black pepper
- 1 package (5 ounces) mixed baby salad greens
- 1 medium red or green pear, cored, cut into 16 wedges
- ¼ cup dried cranberries
- Salt
- ¼ cup coarsely chopped pecans, toasted
- ¼ cup crumbled goat cheese (optional)

Honey Mustard Dressing:

- ½ cup prepared honey mustard
- 2-3 tablespoons water
- 1½ teaspoons olive oil
- 1 teaspoon white wine vinegar
- ¼ teaspoon coarse grind black pepper
- ⅛ teaspoon salt

Instructions

1. Season beef steaks with ½ teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.



Cook's Tip

To toast pecans, spread in single layer on metal baking sheet. Bake in 350°F oven 3 to 5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.

Nutrition information per serving: 321 calories; 14 g fat (3 g saturated fat; 7 g monounsaturated fat); 67 mg cholesterol; 434 mg sodium; 21 g carbohydrate; 3.3 g fiber; 26 g protein; 7.6 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.4 mg iron; 3 mcg selenium; 5.1 mg zinc.

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