

Tenderloin Cranberry Pear Salad

INGREDIENTS

4 **beef tenderloin steaks**, cut ¾ inch thick (about 4 oz. each)

1 medium **red or green pear**

5 oz. **mixed baby salad greens**

¼ cup **dried cranberries**

¼ cup coarsely chopped **pecans**

¼ cup crumbled goat cheese (optional)

Honey mustard

White wine vinegar

Olive oil

Water

Salt

Freshly ground **black pepper**



PREPARATION

❶ Season beef Tenderloin steaks with ½ tsp. black pepper. Heat large nonstick skillet or grill pan over medium heat until hot. Place steaks in skillet; cook 7-10 minutes or until internal temperature reaches 145°F (medium rare) to 160°F (medium), turning once. ❷ While steaks are cooking, whisk dressing ingredients in a small bowl until well blended. Set aside. Place salad greens in bowls or on plates and top evenly with pear wedges and dried cranberries. ❸ When steaks have reached the desired temperature, remove them from the pan and let them rest on a plate for about 5 minutes. Season with salt as desired. Carve the steaks into thin slices and lay the slices over the salads. Top each salad with dressing, pecans and goat cheese, as desired. Serves 4.

Nutrition information per serving: 386 Calories; 166.5 Calories from fat; 18.5g Total Fat (3.6 g Saturated Fat; 10.2 g Monounsaturated Fat); 68 mg Cholesterol; 278 mg Sodium; 24.5 g Total Carbohydrate; 4.2 g Dietary Fiber; 24.8 g Protein; 3.8 mg Iron; 557 mg Potassium; 4.9 mg Niacin; 0.6 mg Vitamin B6; 3.3 mcg Vitamin B12; 4.2 mg Zinc; 21.1 mcg Selenium; 57.1 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.

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