

Two Steppin' Tenderloin

Let your oven do the hard work in this easy and elegant preparation of juicy beef Tenderloin Steaks served with cherry, almond and spinach brown rice.

INGREDIENTS

2 beef Tenderloin Steaks, cut 1-1/2 inches thick (about 5 to 6 ounces each)

3 cups fresh baby spinach, divided

2 tablespoons toasted sliced almonds

2 tablespoons shredded Parmesan cheese

1 clove garlic, coarsely chopped

1 cup plus 2 tablespoons water, divided

1 tablespoon olive oil

1/2 cup uncooked brown rice - 1 package (8.8 ounces) ready-to-serve whole grain brown rice can be substituted for uncooked brown rice. Cook rice according to package directions. Stir in spinach, cherries and 1 tablespoon pesto. Let stand 5 minutes or until spinach is heated through.

1/2 teaspoon salt (optional)

2 tablespoons chopped dried cherries

Toasted sliced almonds (optional)



35 Min



2
Servings



42 Cal



45g
Protein

COOKING

1. Place 2 cups spinach, almonds, cheese and garlic in food processor container. Cover; process until coarse paste forms. With motor running, slowly add 2 tablespoons water and oil until smooth. Season with salt, as desired. Set aside.



2. Preheat oven to 350°F. Heat ovenproof, nonstick skillet over medium heat. Place beef Tenderloin Steaks in skillet and brown 2 minutes. Turn steaks over and place skillet into preheated oven; cook 13 to 18 minutes for medium rare to medium doneness, turning once.

3. Meanwhile, combine rice, remaining 1 cup water and salt, if desired, in medium saucepan; cook according to package directions. Chop remaining 1 cup spinach. During last 5 minutes of cooking, add chopped spinach to pan and continue to cook. Remove from heat, add cherries and 1 tablespoon pesto to rice; stir to combine.

4. Remove steaks from oven when internal temperature reaches 135°F for medium rare; 150°F for medium doneness. Remove steaks from pan; tent loosely with aluminum foil. Let stand 5 to 10 minutes. Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium doneness.

5. Serve steaks over brown rice with remaining pesto. Garnish rice with additional almonds, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
2		23g	104mg		48g	45g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com