

Two "steaks" in one recipe! Try these juicy Tenderloin Steaks with roasted cauliflower cut into "steak" portions.

[illegible]

50 Min



4  
Servings



42 Cal



29g  
Protein

[illegible]

[illegible]

4 beef Tenderloin Steaks, cut 3/4" thick (about 4 ounces each)

1 large head cauliflower

[illegible]

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

2 tablespoons olive oil

2 tablespoons prepared creamy horseradish sauce

[illegible]

[illegible]

[illegible]

1 teaspoon salt

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## COOKING

1. Preheat the oven to 400°F. Trim leaves from cauliflower, leaving the stem intact. Cut cauliflower vertically from top through stem. Cut each half into two 3/4-inch slices, saving any florets or large pieces that remain.

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62. Preheat the oven to 400°F. Trim leaves from cauliflower, leaving the stem intact. Cut cauliflower vertically from top through stem. Cut each half into two 3/4-inch slices, saving any florets or large pieces that remain.



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299. Combine Rub ingredients; sprinkle 1/2 teaspoon over both sides of cauliflower slices. Bake 40 minutes or until cauliflower is tender.
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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		16g	87mg		10g	29g	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