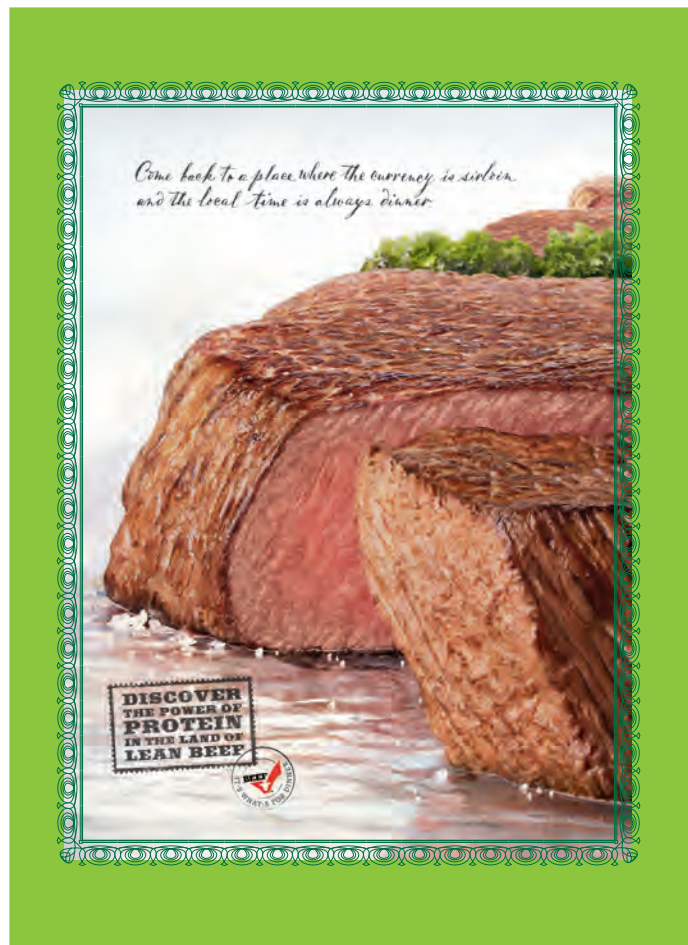


Discover the Power of Protein in the Land of Lean Beef

This recipe was developed
based on the food ingredients
used to create this ad.

Enjoy!



Cumin-Rubbed Steak and Roasted Root Vegetable Salad

Total preparation and cooking time: 1 to 1-1/4 hours
Makes 4 servings

- 4 beef tenderloin steaks, cut 3/4 inch thick (about 4 ounces each)*
- 1 pound beets, trimmed, peeled, cut into eighths (cut into quarters if small)
- 1/2 cup water
- 2 sweet potatoes, peeled, cut into 1-1/2 x 1-inch pieces
- 3 shallots, peeled, cut lengthwise in half (about 5 ounces)
- 1-1/2 teaspoons olive oil
- 1/2 teaspoon sea or kosher salt
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon coarse grind black pepper
- 8 cups mixed salad greens
- 2 tablespoons sliced unblanched almonds, toasted (optional)

Sweet Beet Vinaigrette:

- 2 tablespoons reserved beet cooking liquid
 - 1 tablespoon sherry vinegar
 - 2 teaspoons brown sugar
 - 1/2 teaspoon sea or kosher salt
 - 1-1/2 tablespoons olive oil
- *or 1 pound boneless beef top sirloin steak, cut 3/4 inch thick

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1. Heat oven to 425°F. Place beets in small roasting pan or 9-inch metal baking pan; drizzle with water. Cover pan tightly with aluminum foil. Place sweet potatoes and shallots on 15 x 10-inch metal baking pan. Drizzle with 1-1/2 teaspoons oil and sprinkle with 1/2 teaspoon salt; toss to coat. Roast vegetables in 425°F oven 30 minutes or until tender. Remove beets from pan; reserve 2 tablespoons cooking liquid for vinaigrette. Loosely cover vegetables. Set aside.
2. Combine cumin and pepper; press evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place tenderloin steaks in skillet; cook 7 to 9 minutes (top sirloin steak, 10 to 13 minutes) for medium rare to medium doneness, turning occasionally. Remove to platter; keep warm.
3. Prepare Sweet Beet Vinaigrette. Combine all ingredients except oil in small bowl; gradually whisk in oil until blended.

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4. Arrange salad greens on serving plates or platter. Top with roasted vegetables; drizzle with vinaigrette. Carve steaks into slices; season with salt, as desired. Arrange over salad. Garnish with almonds, if desired.

Nutrition information per serving, using tenderloin:

400 calories; 15 g fat (4 g saturated fat; 8 g monounsaturated fat); 67 mg cholesterol; 783 mg sodium; 38 g carbohydrate; 79 g fiber; 31 g protein; 79 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 5.0 mg iron; 29.5 mcg selenium; 5.4 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.