

TENDERLOIN, CRANBERRY AND PEAR SALAD WITH HONEY MUSTARD DRESSING

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The addition of fresh pears to this wonderful salad adds quite a bit of fiber to each serving.

Total preparation and cooking time: 25 minutes

- 4 beef tenderloin steaks, cut 3/4 inch thick (4 ounces each)**
- 1/2 teaspoon coarse grind black pepper**
- 1 package (5 ounces) mixed baby salad greens**
- 1 medium red or green pear, cored, cut into 16 wedges**
- 1/4 cup dried cranberries**
- Salt**
- 1/4 cup coarsely chopped pecans, toasted**
- 1/4 cup crumbled goat cheese (optional)**

Honey Mustard Dressing:

- 1/2 cup prepared honey mustard**
- 2 to 3 tablespoons water**
- 1-1/2 teaspoons olive oil**
- 1 teaspoon white wine vinegar**
- 1/4 teaspoon coarse grind black pepper**
- 1/8 teaspoon salt**



1. Season beef steaks with 1/2 teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 9 minutes for medium rare to medium 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 salad s. Top each salad evenly with dressing, pecans and goat cheese, if desired.

Makes 4 servings.

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; 30.0 mcg selenium; 5.1 mg zinc.

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

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.