

Tenderloin Steaks with Spinach-Almond Pesto and Brown Rice

Total Recipe Time: 30 to 35 minutes

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 whole grain brown rice
1/2 teaspoon salt (optional)
2 tablespoons chopped dried cherries
Toasted sliced almonds (optional)



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 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.

Makes 2 servings

***Cook's Tip:** 1 package (8.8 ounces) ready-to-serve whole grain brown rice can be substituted.*

Nutrition information per serving: 584 calories; 23 g fat (6 g saturated fat; 12 g monounsaturated fat); 104 mg cholesterol; 227 mg sodium; 48 g carbohydrate; 6.2 g fiber; 45 g protein; 13.2 mg niacin; 1.1 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 4.7 mg iron; 55.4 mcg selenium; 8.2 mg zinc; 158.7 mg choline.

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

Please follow these links to download images for this recipe

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