

Roasted Beef Tenderloin

(Makes 8 servings)

Did you know that beef tenderloin is one of the leanest cuts of beef—as well as one of the most elegant? This recipe comes from my dear friend, Nancy Lichon.

Ingredients:

- 2 pounds beef tenderloin
- 2 cloves garlic, peeled and sliced
- 1 teaspoon extra virgin olive oil
- Black pepper to taste

Directions:

At least a couple of hours, but as much as 2 days ahead, prepare beef:

- 1) With a very sharp paring knife, make tiny slits evenly over the surface of the tenderloin; as you make the slit, insert a slice of garlic.
- 2) After inserting all garlic slices, measure out 1 teaspoon of extra virgin olive oil and rub over surface of tenderloin.
- 3) Sprinkle with freshly ground black pepper to taste (do not add salt until after cooking, as it dehydrates meat).
- 4) Place in refrigerator on cookie sheet or broiled pan, tightly covered, until ready to bake.
- 5) Preheat oven to 450 degrees Fahrenheit. When oven is hot, place beef in oven, uncovered. Bake 20 to 40 minutes, depending on thickness of beef and how you like it done. Internal temperature of beef should be: Medium rare—145 degrees F; Medium—160 degrees F; Well done—170 degrees F.
- 6) Slice into 8 even slices and serve immediately.

Nutritional Analysis: (per serving)

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| ▪ Calories: 182 | ▪ Carbohydrates: 0.2 g |
| ▪ Fat: 9 g | ▪ Fiber: 0.02 g |
| ▪ Saturated Fat: 3.2 g | ▪ Sodium: 51 mg |
| ▪ Protein: 24 g | |

Source:

Recipe developed by Nancy Lichon, MD

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