

Herbed Roasted Beef Tenderloin

(Makes 10 servings)

Ingredients:

- 2 tablespoons minced fresh tarragon
- 2 ½ tablespoons minced fresh thyme
- 3 garlic cloves, quartered
- 1 large shallot, quartered
- 1 tablespoon grated lemon zest
- 1 teaspoon freshly ground pepper
- 1 tablespoon Dijon mustard
- 2 tablespoons dry full-bodied red wine, such as Cabernet Sauvignon
- 1 tablespoon brandy
- 1 tablespoon extra virgin olive oil
- One 3-pound filet of beef cut from the thick end of the loin, all fat and skin removed, tied every 2 inches
- Olive oil cooking spray



Directions:

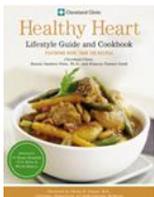
- 1) Place the tarragon, thyme, garlic, shallot, zest, pepper, and mustard in a food processor. With the motor running slowly pour in the wine, brandy, and oil. Process until well combined, 1-2 minutes. Place the meat on a large sheet of plastic wrap. Pat the marinade over the filet, making a thin layer over the entire roast. Wrap in the plastic and refrigerate at least 6 hours and up to 24 hours.
- 2) When almost ready to roast the beef, preheat the oven to 450 degrees. Place a rack in a large roasting pan.
- 3) Unwrap the fillet and coat with cooking spray. Roast until a meat thermometer registers 125 in the center of the meat for rare, 30-35 minutes. Allow the roast to rest for 10 minutes before slicing. It will continue to cook as it rests. Serve immediately.

Note: If you have guests who prefer well done meat, cut off steaks of meat from the thin end of the roast. They will roast quicker, while the remainder of filet is roasting and be ready after the rare meat has rested.

Nutritional Analysis: (per serving)

- Calories: 250
- Total Fat: 10 g
- Saturated Fat: 4 g
- Cholesterol: 95 mg
- Sodium: 80 mg
- Total Fiber: 0 g
- Protein: 35 g
- Carbohydrates: 1 g

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.