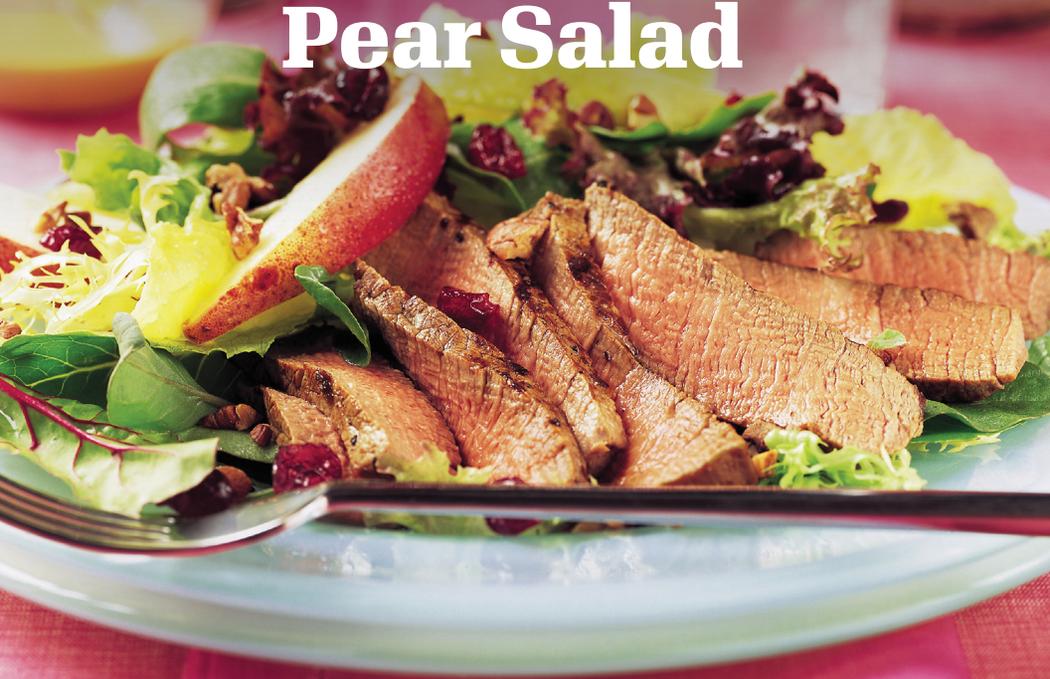


# Tenderloin Cranberry Pear Salad



 25  
MINUTES

 MAKES 4  
SERVINGS

 13  
INGREDIENTS

**Nutrition information per serving:** 386 Calories; 166.5 Calories from fat; 18.5g Total Fat (3.6 g Saturated Fat; 10.2 g Monounsaturated Fat); 68 mg Cholesterol; 278 mg Sodium; 24.5 g Total Carbohydrate; 4.2 g Dietary Fiber; 24.8 g Protein; 3.8 mg Iron; 557 mg Potassium; 4.9 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 3.3 mcg Vitamin B<sub>12</sub>; 4.2 mg Zinc; 21.1 mcg Selenium; 57.1 mg Choline.

**This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.**

## KEY MESSAGES

Eating healthy doesn't have to be complicated. Meals like this Tenderloin, Cranberry and Pear Salad are flavorful and packed with nutrients like protein to keep you fueled.

Hosting a dinner party or holiday meal? Wow your guests with this colorful and impressive salad that they'll love the taste of.

Versatility is the name of the game with salads. Think about the main components (leafy greens, toppings and lean beef), then mix and match to fit your preferences or to whip up a quick meal with what you have in the house.

## Demo Check List

### GROCERY LIST

- 4 beef tenderloin steaks, cut  $\frac{3}{4}$  inch thick (about 4 oz. each)
- 1 medium red or green pear
- 5 oz. mixed baby salad greens
- $\frac{1}{4}$  cup dried cranberries
- $\frac{1}{4}$  cup coarsely chopped pecans
- $\frac{1}{4}$  cup crumbled goat cheese (optional)
- Honey mustard
- White wine vinegar
- Olive oil
- Water
- Salt
- Freshly ground black pepper

### EQUIPMENT LIST

Use the provided equipment lists with each recipe as a planning tool.

- 2 large cutting boards
- 1 medium clear glass bowl
- 1 chef knife
- 1 white hero salad bowl or plate
- 1 large nonstick skillet or grill pan
- 1 small whisk
- 1 pair of tongs
- 1 meat thermometer
- 1 white plate
- 7 tiny clear glass bowls
- 4 small clear glass bowls

## TENDERLOIN CRANBERRY PEAR SALAD

### Ingredients

- 4 **beef tenderloin steaks**, cut ¾-inch thick (about 4 oz. each)
  - ¼ cup crumbled **goat cheese** (optional)
  - ½ tsp. **freshly ground black pepper**
  - HONEY MUSTARD DRESSING:**
    - ½ cup **honey mustard**
    - 2 - 3 Tbsp. **water**
    - 1 ½ tsp. **olive oil**
    - 1 tsp. **white wine vinegar**
    - ¼ tsp. freshly ground **black pepper**
    - ⅛ tsp. **salt**
  - 5 oz. **mixed baby salad greens**
  - 1 medium **red or green pear**, cored and sliced into 16 wedges
  - ¼ cup **dried cranberries**
  - ¼ cup coarsely chopped **pecans**, toasted
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### Introduction

This Tenderloin Cranberry Pear Salad is so versatile. It's perfect for anything from a summer meal on the patio to a festive holiday table. With a recipe this quick and delicious, you might even want to add it to your regular meal rotation!

Fueling your body with beef provides protein, zinc, iron and B vitamins that are essential for optimal function of both the body and mind.<sup>1-8</sup> Lean beef is a great choice whether you are an athlete, parent, working professional or all of the above!

Simple meals like this one are a great foundation for a healthy diet that you can be excited about and maintain over the long term.

### DEMONSTRATION

- ① **Season beef Tenderloin steaks with ½ tsp. black pepper. Heat large nonstick skillet or grill pan over medium heat until hot. Place steaks in skillet; cook 7-10 minutes or until internal temperature reaches 145°F (medium rare) to 160°F (medium), turning once.**
  - I'll let you in on a little-known secret. If you're looking for a cut of beef that is lower cost and still very tender, try out the Flat Iron steak. It is actually the second most tender beef cut following the Tenderloin!
  - With busy schedules, it is easy to slip into unhealthy eating habits. When you do have time to cook a meal, throw on an extra

## TENDERLOIN CRANBERRY PEAR SALAD

steak or two and have them ready to throw on a salad, taco, or pita later in the week.

- After cooking your steaks, allow them to sit or "rest" on a plate for a few minutes. This prevents the juices from flowing out when you cut the beef and leads to a better eating experience.

- ② **While steaks are cooking, whisk dressing ingredients in a small bowl until well blended. Set aside. Place salad greens in bowls or on plates and top evenly with pear wedges and dried cranberries.**
    - If you are running short on time, simply pick up a honey mustard salad dressing at the store rather than making your own. For a lower fat option, try drizzling with balsamic vinegar instead.
    - Use your favorite leafy greens here - romaine, spring mix, or spinach are all great options. Look for darker, vibrant colors to indicate more nutrients.
  - ③ **When steaks have reached the desired temperature, remove them from the pan and let them rest on a plate for about 5 minutes. Season with salt as desired. Carve the steaks into thin slices and lay the slices over the salads. Top each salad with dressing, pecans and goat cheese, as desired.**
    - We're using toasted pecans for this recipe. These can be made easily by spreading the pecans in a single layer on a metal baking sheet and baking at 350°F for 3-5 minutes. Be sure to stir occasionally and keep an eye on them so they don't burn.
    - For a unique on-the-go option, wrap all the ingredients for this salad into a whole grain tortilla and head out the door.
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### Closing

Pears, cranberries, leafy greens and pecans give this salad a variety of colors and textures. Adding lean beef creates a well-rounded meal that is delicious, nutrient-dense and satisfying!

Salads are great for customization. Remember these few key ingredients: leafy greens, colorful toppings and lean beef. Now you have a template for simple, nutritious meals that you can make fit your own tastes!

Beef is packed with nutrients that fuel active lifestyles<sup>1-8</sup>. Pairing lean beef with fruits and veggies creates a balanced meal that is quick and delicious.

For more colorful and nourishing recipes visit [BeefLovingTexans.com](https://www.beeflovingtexans.com)