



Beef Tenderloin and Kale Salad

Recipe courtesy Chef Bryan Woolley

2 cups coarsely chopped kale
1/3 cup mandarin oranges
¼ cup sliced radishes
½ cup cherry tomatoes
2 tbsp walnut pieces
2 three or four-ounce beef tenderloin medallions
¾ cup red wine
2 tbsp chopped shallots
1 tbsp Dijon mustard
2 tsp peppercorns
Salt and pepper to taste
1 tbsp extra virgin olive oil

1. Lightly sauté kale in 1 tbsp extra virgin olive oil until tender. Place in the center of the plate and top with mandarin oranges, radishes, tomatoes, and walnuts.
2. Heat a large sauté pan on the stove. Salt and pepper beef tenderloin medallions, and pan sear for about 3 minutes on each side. Remove from heat and place on kale salad.
3. In same pan, sauté chopped shallots until soft. Deglaze pan with red wine; add peppercorns and Dijon mustard and reduce by half.
4. Drizzle wine reduction over tenderloin medallions and kale salad. Serve with whole grain bread and enjoy! Serves 2.

Nutrition Facts

Serving Size: ½ vegetables and 4 ounces beef

Calories	450
Total Fat	22g
Saturated Fat	6g
Cholesterol	70mg
Sodium	930mg
Carbohydrates	19g
Dietary Fiber	3g
Protein	28g

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