



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!

Makes 2 servings.

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

Diabetic Exchanges

Protein 4
Carbohydrates 1
Fat 4