



keep the beat™
recipes

deliciously healthy dinners



cocoa-spiced ^{beef tenderloin with} pineapple salsa

Prep time: 20 minutes
Cook time: 20 minutes

Latin American flavors come alive in this festive beef dish with fruity salsa

½ Tbsp vegetable oil¹

1 beef tenderloin roast (16 oz)

For salsa:

½ C canned diced pineapple, in fruit juice, chopped into small pieces³

¼ C red onion, minced

2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute)⁴

¼ tsp dried coriander

1 Tbsp lemon juice

*For seasoning:*⁵

1 tsp ground black pepper

1 tsp ground coriander

1 Tbsp ground cinnamon

¼ tsp ground allspice

1 Tbsp cocoa powder (unsweetened)

2 tsp chili powder

¼ tsp salt

- Preheat oven to 375 °F.
- ² For the salsa, combine all ingredients and toss well. Let sit for 10–15 minutes to marinate while preparing the seasoning and cooking the meat.
- For the beef tenderloin seasoning, combine all ingredients. Lightly oil the tenderloin and spread an even layer of the dry seasoning over the entire roast.
- Place the seasoned roast on a roasting or broiling pan and roast for 10–15 minutes (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving into 16 slices (1 ounce each).
- Serve four slices of the tenderloin with ¼ cup salsa on the side.

Tip: Delicious with a side of rice and **Grilled Romaine Lettuce With Caesar Dressing** (on page 105).



yield:
4 servings

serving size:
4 oz tenderloin roast, ¼ C salsa

each serving provides:

calories	215	total fiber	2 g
total fat	9 g	protein	25 g
saturated fat	3 g	carbohydrates	9 g
cholesterol	67 mg	potassium	451 mg
sodium	226 mg		

greek-style flank steak with tangy yogurt sauce

Prep time: 25 minutes
Cook time: 25 minutes

lemon, garlic, and oregano bring out the flavors of this bold and flavorful Mediterranean dish

1 beef flank steak (12 oz)

For marinade:

¼ C lemon juice

1 Tbsp olive oil

2 tsp fresh oregano, rinsed, dried, and chopped (or ½ tsp dried)

1 Tbsp garlic, minced (about 2–3 cloves)

For yogurt sauce:

1 C cucumber, peeled, seeded, and chopped

1 C nonfat plain yogurt

2 Tbsp lemon juice

1 Tbsp fresh dill, rinsed, dried, and chopped (or 1 tsp dried)


1 Tbsp garlic, minced (about 2–3 cloves)

½ tsp salt

- For the marinade, combine lemon juice, olive oil, oregano, and garlic in a large bowl.
- Lay steak in a flat container with sides and pour marinade over the steak. Let the steak marinate for at least 20 minutes or up to 24 hours, turning several
- times. Combine all the ingredients for the yogurt sauce. Set yogurt sauce aside for at least 15 minutes to blend flavors. (Sauce can be prepared up to 1 hour in advance and refrigerated.)
- Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- Broil steak for about 10 minutes on each side (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving.
- Slice thinly across the grain into 12 slices (1 ounce each).*
- Serve three slices of the steak with ½ cup yogurt sauce on the side.

Tip: Try serving in a sandwich with pita bread, lettuce, and tomato.

* For description of how to cut meat across the grain, see FAQs in appendix C (on page 135).

	yield: 4 servings		each serving provides:	
	serving size: 3 oz steak, ½ C yogurt sauce		calories total fat saturated fat cholesterol sodium	181 7 g 2 g 36 mg 364 mg
			total fiber protein carbohydrates potassium	less than 1 g 21 g 9 g 329 mg