Beef Tenderloin with Mustard and Herbs

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Grill the meat first, and then coat it in the mustard and herb mixture for bright, fresh flavors. Spread the chopped fresh herbs on a sheet of plastic wrap so you can evenly coat the beef with minimal mess. Serve the tenderloin with grilled polenta and a simple salad.

**Yield:** 10 servings (serving size: 3 ounces)

**Ingredients**

* 1  (2 1/2-pound) beef tenderloin, trimmed
* Cooking spray
* 1  teaspoon  salt
* 1  teaspoon  freshly ground black pepper
* 1/3  cup  finely chopped fresh parsley
* 2  tablespoons  chopped fresh thyme
* 1 1/2  tablespoons  finely chopped fresh rosemary
* 3  tablespoons  Dijon mustard

**Preparation**

1. Prepare grill.

2. Lightly coat beef with cooking spray; sprinkle evenly with salt and pepper. Place beef on grill rack coated with cooking spray. Reduce heat to medium. Grill 30 minutes or until a thermometer registers 145° or until desired degree of doneness, turning to brown on all sides. Let beef stand 10 minutes.

3. Sprinkle parsley, thyme, and rosemary in an even layer on an 18 x 15–inch sheet of plastic wrap. Brush mustard evenly over beef. Place beef in herb mixture on plastic wrap; roll beef over herbs, pressing gently. Slice beef.

**Nutritional Information**

Calories:

191 (44% from fat)

Fat:

9.4g (sat 3.7g,mono 3.9g,poly 0.4g)

Protein:

23.4g

Carbohydrate:

1.4g

Fiber:

0.2g

Cholesterol:

71mg

Iron:

1.7mg

Sodium:

393mg

Calcium:

23mg

Mark Scarbrough, ***Cooking Light***, JUNE 2008