

# 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 oil
- 1 beef tenderloin roast (16 oz)

*For salsa:*


- ½ C canned diced pineapple, in fruit juice, chopped into small pieces
- ¼ C red onion, minced
- 2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute ¼ tsp dried coriander)
- 1 Tbsp lemon juice

*For seasoning:*

- 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

- 1 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.
- 3 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.
- 4 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).
- 5 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).

	<b>yield:</b>		<b>each serving provides:</b>	
	4 servings		calories	215
	<b>serving size:</b>		total fat	9 g
	4 oz tenderloin roast, ¼ C salsa		saturated fat	3 g
			cholesterol	67 mg
			sodium	226 mg
			total fiber	2 g
			protein	25 g
			carbohydrates	9 g
			potassium	451 mg