

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).



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 | | |