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Maple Glazed Beef Tenderloin with Harvest Vegetables

Tenderloin is one of the most tender cuts of beef so it's easy for kids to love it -- don't save it just for company! You can sub in carrots and/or parsnips for the sweet potatoes or Brussel sprouts if you like.

Recipe courtesy of Canadian Beef - www.makeitbeef.ca

Makes 6 servings

Prep: 5 min. **Cook:** 1 hr.

What you need:

2	sweet potatoes, peeled and cut into wedges
1 cup (250 mL)	Brussel sprouts, halved
2 Tbsp (30 mL)	olive oil
	Salt and pepper
2 Tbsp (30 mL)	EACH balsamic vinegar and maple syrup
1 Tbsp (15 mL)	grainy mustard
1 1/2 lb (0.68 kg)	Beef Tenderloin Oven Roast



How you prepare:

1. **Toss** vegetables with 1 tbsp (15 mL) of the oil and season with salt and pepper; place in small foil-lined roasting pan.
2. **Combine** remaining oil, vinegar, maple syrup and mustard in small bowl; separate out 1 tbsp (15 mL) and brush it over the roast. Season roast with salt and pepper; place on top of vegetables. Insert meat thermometer into centre of roast.
3. **Roast in** 425F (220C) oven for about 1 hour or until thermometer reads 145F to 150F (63C to 66C) for medium-rare; remove roast from pan and let rest 10 to 15 minutes. Meanwhile, toss vegetables with remaining syrup mixture and continue roasting while roast rests.
4. **Carve** roast across the grain into thin slices and serve with roasted vegetables.

Per serving:

Calories: 467
Carbohydrates: 15.6 g
Protein: 28.5 g
Fat: 31.7 g
Dietary Fibre: 2 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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