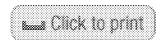
Atkins Nutritionals: Food & Recipes: Recipes: Christmas: Beef Tenderloin





Beef Tenderloin

Atkins Kitchen

Beef Tenderloin (filet mignon) is a holiday splurge. This recipe works equally well with broiled London broil, provided you like your meat rare. Accompany with <u>Bearnaise Sauce</u>.

leasudiests

- 1 beef tenderloin (about 4 pounds), thin end cut off and reserved for another use
- 1 1/2 tablespoons olive oil
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper

[IN SREEF]

Servings: 8

Prep time: 20 minutes Bake/Cook time: 30

minutes

[NUTRITION PER SERVING]

Protein: 41 grams
Fat: 51.5 grams

Calories: 642



State of the sta

- **1.**Heat oven to 425° F. Place beef in a jelly-roll pan. Rub with oil, salt and pepper. Insert a meat thermometer. Roast 30 to 35 minutes for medium-rare doneness. Thermometer should register 125° F.
- 2. Transfer to a cutting board; loosely tent with foil and let rest 10 minutes before slicing.

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Beef_Tenderloin.html

Copyright ©1999-2002 Atkins Nutritionals, Inc. All Rights Reserved. http://www.atkinscenter.com/ 1-800-2-ATKINS