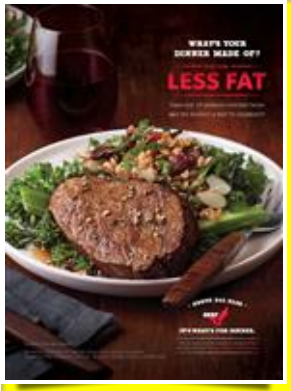




BEEF FILETS WITH ANCIENT GRAIN & KALE SALAD

Total Recipe Time: 35 to 40 minutes
Makes 2 servings



The most tender of them all, the Filet, is served beside a salad of faro, kale, dried cranberries and almonds.

INGREDIENTS

- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 1/4 plus 1/8 teaspoon cracked black pepper, divided
- Salt
- 3 cloves garlic, minced, divided
- 1 cup reduced-sodium beef broth
- 1/2 cup pearlized farro
- 1 cup thinly sliced kale
- 1/4 cup dried sweetened cranberries or cherries
- 2 tablespoons sliced almonds
- 2 teaspoons fresh lemon juice

INSTRUCTIONS FOR BEEF FILETS WITH ANCIENT GRAIN & KALE SALAD

1. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
2. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.
3. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
4. Season steaks with salt. Serve with farro mixture.

NUTRITIONAL INFORMATION FOR BEEF FILETS WITH ANCIENT GRAIN & KALE SALAD

Nutrition information per serving: 550 calories; 14 g fat (4 g saturated fat; 6 g monounsaturated fat); 110 mg cholesterol; 682 mg sodium; 59 g carbohydrate; 10 g fiber; 47 g protein; 15.1 mg niacin; 1.1 mg vitamin B6; 2.0 mcg vitamin B12; 4.5 mg iron; 62.1 mcg selenium; 8.2 mg zinc; 161.8 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium, zinc and choline.

