



Roast Beef Tenderloin with Portobello Mushroom-and-Escarole Gratin and Winter Vegetable Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 asparagus spears trimmed thin
- 12 baby beets trimmed
- 8 baby carrots peeled
- 0.3 cup balsamic vinegar
- 0.3 cup balsamic vinegar
- 1 pound beef tenderloin

- 0.5 cup breadcrumbs fresh
- 0.1 teaspoon cumin seeds toasted
- 0.3 cup cooking wine dry red
- 14 cups torn escarole (1 bunch)
- 0.3 cup flat-leaf parsley chopped
- 3 tablespoons flat-leaf parsley chopped
- 10.5 ounce mushroom caps fresh (4 cups)
- 2 garlic cloves minced
- 3 garlic cloves minced
- 1 ounce goat cheese crumbled
- 1 teaspoon ground cardamom
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt
- 1 cup low-salt chicken broth
- 0.5 teaspoon mustard seeds toasted
- 1 tablespoon olive oil
- 2 teaspoons olive oil divided
- 0.5 cup onion chopped
- 1 cup onion chopped
- 1 ounce parmesan cheese fresh shredded
- 4 small baby parsnips peeled cut in half),
- 8 pearl onions peeled
- 0.1 teaspoon pepper freshly ground
- 0.5 teaspoon pepper freshly ground
- 1 teaspoon pepper freshly ground
- 8 large portobello mushroom caps
- 2 tablespoons teaspoons tarragon dried fresh chopped
- 1 tablespoon butter unsalted melted
- 1 teaspoon butter unsalted

- 0.3 cup water
- 1 cup water
- 1 teaspoon or dried fresh chopped

Equipment

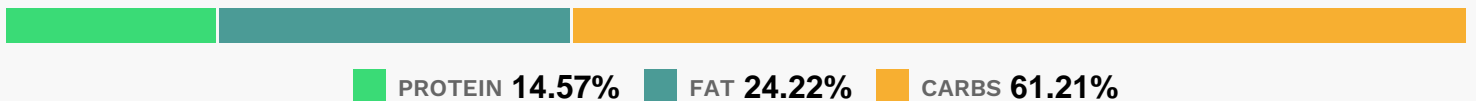
- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- slotted spoon

Directions

- Preheat oven to 400
- Combine 1/4 cup water and pearl onions in a small baking dish; cover and bake at 400 for 10 minutes.
- Drain, and set aside.
- Cook parsnips in boiling water 10 minutes.
- Add asparagus and carrots; cook 3 minutes or until tender.
- Remove vegetables with a slotted spoon and plunge vegetables into ice water; drain again and set aside. Cook beets in boiling water 15 minutes or until tender.
- Drain and plunge beets into ice water; drain again. Peel beets; set aside.
- Heat oil in a large skillet over medium-high heat.
- Add mushrooms; saut 1 minute.
- Add onion and garlic; saut 1 minute.
- Add 1 cup water, vinegar, and parsley; bring to a boil. Reduce heat and cook 8 minutes.
- Remove from heat; let cool. Stir in tarragon, salt, and pepper. Set shiitake mushroom sauce aside, and keep warm.
- Combine first 9 ingredients in a shallow pan; stir well. Arrange mushrooms in a single layer on top of broth mixture, turning to coat. Cover and bake at 400 for 20 minutes; set aside.

- Increase oven temperature to 42
- Cook escarole in boiling water for 1 minute.
- Drain and plunge escarole into ice water; drain again.
- Coat a gratin dish or 9-inch square baking dish with 1 teaspoon butter; set aside.
- Place 4 mushrooms, stem sides up, in prepared dish; reserve broth mixture. Divide escarole evenly among mushrooms in dish; top with remaining mushrooms, stem sides down. Spoon reserved broth mixture over mushroom stacks.
- Combine breadcrumbs and remaining ingredients in a bowl; stir well.
- Sprinkle over mushroom stacks.
- Bake at 425 for 10 minutes or until breadcrumbs are lightly browned. Set aside; keep warm.
- Reduce oven temperature to 35
- Combine 1 teaspoon oil, salt, pepper, and cardamom, and stir well.
- Spread over all sides of beef.
- Heat 1 teaspoon oil in a 9-inch cast-iron skillet over medium-high heat, and add beef and cook 1 minute on each side or until browned.
- Place skillet in oven, and bake at 350 for 30 minutes or until a thermometer registers 145 (medium-rare) to 160 (medium).
- Let stand 10 minutes, and cut into 8 slices.
- Arrange one Portobello-and-Escarole Gratin and 2 slices Roast Beef Tenderloin on each of 4 dinner plates. Divide Winter Vegetable Salad evenly among plates; spoon 1/2 cup shiitake mushroom sauce over each salad serving.

Nutrition Facts



Properties

Glycemic Index:183.25, Glycemic Load:24.64, Inflammation Score:-10, Nutrition Score:60.52739147518%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg,

Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg
Apigenin: 14.56mg, Apigenin: 14.56mg, Apigenin: 14.56mg, Apigenin: 14.56mg Luteolin: 0.57mg, Luteolin: 0.57mg,
Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 8.75mg, Isorhamnetin: 8.75mg, Isorhamnetin: 8.75mg,
Isorhamnetin: 8.75mg Kaempferol: 19.23mg, Kaempferol: 19.23mg, Kaempferol: 19.23mg, Kaempferol: 19.23mg
Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 32.94mg, Quercetin: 32.94mg,
Quercetin: 32.94mg, Quercetin: 32.94mg

Nutrients (% of daily need)

Calories: 587.63kcal (29.38%), Fat: 16.48g (25.36%), Saturated Fat: 6.14g (38.38%), Carbohydrates: 93.74g
(31.25%), Net Carbohydrates: 67.94g (24.71%), Sugar: 35.83g (39.81%), Cholesterol: 18.29mg (6.1%), Sodium:
1341.33mg (58.32%), Alcohol: 1.58g (100%), Alcohol %: 0.16% (100%), Protein: 22.31g (44.62%), Vitamin K: 582.89µg
(555.13%), Manganese: 3.37mg (168.31%), Vitamin A: 7934.2IU (158.68%), Folate: 633.63µg (158.41%), Fiber: 25.79g
(103.18%), Potassium: 2996.84mg (85.62%), Vitamin C: 68mg (82.42%), Vitamin B3: 15.58mg (77.91%), Copper:
1.4mg (69.98%), Selenium: 48.15µg (68.78%), Phosphorus: 680.61mg (68.06%), Vitamin B5: 6.31mg (63.1%), Vitamin
B6: 1.12mg (56.12%), Vitamin B2: 0.93mg (54.79%), Iron: 9.06mg (50.31%), Vitamin B1: 0.72mg (48.33%), Magnesium:
172.22mg (43.05%), Calcium: 421.21mg (42.12%), Zinc: 5.78mg (38.54%), Vitamin E: 4.77mg (31.81%), Vitamin D:
0.94µg (6.24%), Vitamin B12: 0.3µg (4.95%)