

Meal Makeovers

(NAPSA)—A delicious and nutritious way to add zinc, iron and protein—zip—to a salad is to add some beef tenderloin. Not only is beef tenderloin an excellent or good source of nine essential nutrients, but it is also one of 29 lean cuts of beef.

Nutrient-rich lean beef is a complete recipe for better health, with essential vitamins and minerals and great taste.

To help you prepare delicious lean beef, “The Healthy Beef Cookbook” (Wiley, \$21.95) is now available wherever books are sold and on www.amazon.com and www.BeefitsWhatsForDinner.com.

The cookbook is a collection of more than 130 lean beef recipes, nutrition tips and culinary techniques. The delicious recipes are satisfying for people watching their weight and contain many essential nutrients in fewer calories. In fact, nearly 75 percent have less than 400 calories per serving and more than 50 percent incorporate all food groups.

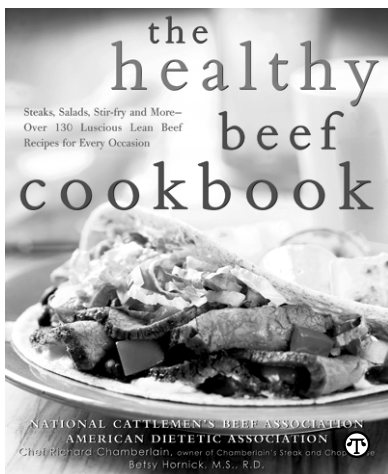
Tenderloin Cranberry and Pear Salad with Honey Mustard Dressing

Prep Time: 25 mins, Serves 4

- 4 beef tenderloin steaks, cut $\frac{3}{4}$ inch thick (4 ounces each)**
- $\frac{1}{2}$ teaspoon coarse grind black pepper**
- 1 package (5 ounces) mixed baby salad greens**
- 1 medium red or green pear, cored, cut into 16 wedges**
- $\frac{1}{4}$ cup dried cranberries**
- Salt**
- $\frac{1}{4}$ cup coarsely chopped pecans, toasted**
- $\frac{1}{4}$ cup crumbled goat cheese (optional)**

Honey Mustard Dressing

- $\frac{1}{2}$ cup prepared honey mustard**
- 2 to 3 tablespoons water**
- $1\frac{1}{2}$ teaspoons olive oil**
- 1 teaspoon white wine vinegar**



$\frac{1}{4}$ teaspoon coarse grind black pepper

$\frac{1}{2}$ teaspoon salt

1. Season beef steaks with $\frac{1}{2}$ teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 9 minutes for medium rare to medium doneness, turning occasionally.

2. Meanwhile, whisk Honey Mustard Dressing ingredients in small bowl until well-blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.

3. Carve steaks into thin slices; season with salt as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.

Nutrition information per serving: 321 calories; 14 g fat (3 g saturated fat; 7 g monounsaturated fat); 67 mg cholesterol; 434 mg sodium; 21 g carbohydrate; 3.3 g fiber; 26 g protein; 7.6 mg niacin; 0.6 mg vitamin B6; 1.4 mcg vitamin B12; 2.4 mg iron; 30.0 mcg selenium; 5.1 mg zinc.

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