

Herb Crusted Tenderloin Roast

Serves 6-8

Prep Time: 8 min

Cook Time: 1 hour - 1 hour 15 minutes

3 Tbsp. (30mL) finely chopped pine nuts
2 Tbsp. (15mL) Mrs. Dash® Original Blend
2 Tbsp. (15mL) grated Parmesan cheese
2 lb (454g) beef tenderloin roast, well trimmed

Heat oven to 425°F.

Combine pine nuts, Mrs. Dash® Original Blend and parmesan cheese; press evenly onto all sides of beef roast.

Place roast on rack in shallow roasting pan. Insert oven-proof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 35 to 40 minutes for medium rare; 45 to 50 minutes for medium doneness.

Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10F to reach 145F for medium rare; 160F for medium)

Serve with New York Brand® Texas Garlic Toast on the side.

