



servings: 4 | **prep time:** 8 hours | **cook time:** 1 hour | **cut:** tenderloin | **method:** pan-sear

beef tenderloin medallions with wheat berry, kale and cranberry salad

Make new flavors and textures your go-tos with this steak and salad. Wheat berries, kale, walnuts and cranberries add a playful side dish that nobody will be expecting.

INGREDIENTS:

2 *Chairman's Reserve*[®] Beef tenderloin tail medallions, cut ¾" thick

½ teaspoon garlic pepper

Blue cheese crumbles, as desired

2 cups cooked hard wheat berries

1 cup thinly sliced kale

⅓ cup chopped toasted walnuts

⅓ cup dried cranberries

3 tablespoons olive oil

2 tablespoons fresh lemon juice

¼ teaspoon salt

¼ teaspoon pepper

DIRECTIONS:

1. Sprinkle garlic pepper evenly onto surface of beef medallions.
2. Heat nonstick skillet over medium-high heat. Cook medallions 3 to 5 minutes for medium-rare (145°F) to medium (160°F) doneness, turning once. Remove steaks from skillet; keep warm.
3. Season medallions with salt; garnish with blue cheese crumbles, as desired.
4. For wheat berry salad, combine wheat berries, kale, walnuts and cranberries. Whisk together dressing ingredients. Toss dressing with salad. Serve with medallions.

servings: ¼ | **calories:** 530 | **total fat:** 26g | **sodium:** 330mg | **total carbohydrate:** 46g | **protein:** 33g