



Spinach & Bacon Stuffed Beef Tenderloin

Prep: 50 minutes plus chilling & standing
Roast: 35 minutes • Serves: 8

- 8 slices bacon, each cut crosswise into ¼-inch pieces
- 1 small onion, diced
- 4 garlic cloves, chopped
- 2 tablespoons unsalted butter
- 1 tablespoon finely chopped fresh tarragon leaves
- 8 ounces fresh baby spinach
- 4 ounces cream cheese, cut in small pieces
- ¾ cup Italian seasoned dried breadcrumbs
- 1 teaspoon fresh lemon juice
- 1 teaspoon salt
- ¾ teaspoon ground black pepper
- 1 (3-pound) center-cut beef tenderloin
- 1½ tablespoons olive oil

1. Preheat oven to 375°. Heat large skillet over medium-high heat. Add bacon and cook 4 to 5 minutes or until crisp, stirring frequently. Add onion and cook 3 to 4 minutes or until onion begins to soften, stirring frequently. Add garlic and cook 1 minute, stirring frequently. Add butter and tarragon, and cook 1 minute or until butter is melted. Stir in spinach and cook 1 to 2 minutes or until spinach is wilted. Remove skillet from heat, and stir in cream cheese, breadcrumbs, lemon juice, ¼ teaspoon salt and ¼ teaspoon pepper. Transfer spinach mixture to shallow dish and refrigerate 30 minutes.

2. To butterfly beef, cut beef lengthwise down center, but do not cut all the way through, leaving ½ inch uncut. Open beef and lay flat between plastic wrap on cutting board. With flat end of meat mallet, pound beef to flatten to ½-inch thickness. Remove plastic wrap, and evenly spread spinach mixture over beef, leaving about 1½-inch border around edges. Starting at one side, roll up beef and filling to form a pinwheel. With kitchen string, tie beef crosswise at about 2-inch intervals. Tie beef lengthwise with second piece of string, threading through crosswise ties.

3. Heat large skillet over medium-high heat. Sprinkle beef with remaining ¾ teaspoon salt and ½ teaspoon pepper. Add oil to skillet and sear beef 1 minute on each side or until outside is browned. Place beef on rimmed baking pan and roast 35 to 40 minutes or until internal temperature reaches 135° for medium-rare. Let beef stand 10 minutes before removing string and slicing.

Approximate nutritional values per serving:
 566 Calories, 44g Fat (19g Saturated),
 126mg Cholesterol, 782mg Sodium,
 11g Carbohydrates, 2g Fiber, 29g Protein

