

**Horseradish Crusted  
Beef Tenderloin**

- 2 Tbs prepared horseradish
- 1 Tbs extra virgin olive oil
- 1 tsp Dijon mustard
- 2 lbs trimmed beef tenderloin
- 1tsp kosher salt
- 2 tsp freshly ground pepper

Preheat oven to 400 degrees F. Combine horseradish, oil and mustard in a small bowl. Rub tenderloin with salt and pepper; coat with the horseradish mixture. Tie with kitchen string in 3 places. Transfer to a small roasting pan. Roast until thermometer inserted into the thickest part of the tenderloin registers 140 degrees for medium rare, 35 to 45 mins. Transfer to cutting board; let rest for 5 minutes. Remove the string. Slice and serve.

Yield: 8 servings  
Calories 220, Protein 25 gms, Fat 11 gms  
Carbohydrate 3 gms, Cholesterol 76 mg, Sodium 334 mg.  
Exchanges: 3 ½ lean meats



**Winter Fruit  
Compote**

- 3 medium cooking apples, cored and sliced
- 2 medium pears, cored and sliced
- 1 16oz can cranberry sauce
- ¼ cup water
- ½ tsp grated ginger
- ½ tsp finely shredded lemon peel
- ½ tsp ground cinnamon
- Toasted Angel Food cake (optional)

Combine all ingredients in a 3 ½ quart slow cooker. Cover and cook on low setting for 3-4 hours. Serve warm. Spoon over Toasted Angel Food Cake if desired.

Yield: 8 to 10 servings  
Calories (without cake) 135, Fat 0 g, Cholesterol 0 g,  
Sodium 17 g, Carbohydrate 35 g, Fiber 3 g, Protein 0 g



**Cranberry Cream  
Cheese**

- ½ lb reduced calorie cream cheese, room temperature
- ½ pint part-skim ricotta
- 2 tsp honey
- 1/3 cranberry chutney

In a food processor or blender, puree cream cheese, ricotta, and honey until very smooth. Spoon into serving bowl. Cover and refrigerate at least one hour or up to 12 hours. Before serving, spoon chutney over cream cheese mixture.

Yield 12 to 16 servings.



**Winter Squash Soup**

- |  |                                 |
|--|---------------------------------|
| 1 tsp butter                                   | 1 medium onion, chopped         |
| 4 lbs winter squash, peeled, seeded, and cubed |                                 |
| 4 cups chicken broth                           | 2 cups 1% milk                  |
| 1 handful mint sprigs or rosemary              | 1 cinnamon stick                |
| 6 whole cloves                                 | ¼ tsp whole peppercorn          |
| ¼ tsp whole coriander seed                     | ¼ tsp crushed red pepper flakes |
| Salt to taste                                  | Sour cream for garnish          |

Melt the butter in a large saucepan. Add the onion and cook slowly over low heat until tender but not brown. Add squash and broth, and then heat the mixture to boiling over high heat. Reduce heat to low; cover and simmer 20 minutes or until squash is tender. Meanwhile, in a medium saucepan, heat the milk, with mint or rosemary, cloves, peppercorns, coriander, and pepper flakes, to boiling. Remove from heat and set aside. When squash is fork-tender, puree it in a blender or food processor until smooth. Return to heat. Pour the infused milk through a fine strainer into the pureed squash. Taste and adjust salt as needed. Heat through. Serve with a dollop of sour cream. Makes 6 servings.

Calories 135, Protein 8g, Carbohydrate 23g, Fiber 5g, Fat 3g,  
Cholesterol 5mg, Sodium 570mg

