

“Mayor’s Healthy Cook Off” Recipe Submission

Mayor John T. O’Leary

Mayor O’Leary, assisted by Tiffany Tooker will be preparing the following recipe at the cook off:

GRILLED STUFFED FILET MIGNON WITH ROASTED PARSLIED POTATOES

½ CUP SUNDRIED TOMATOES
1 FRESH SPINACH
1 BEEF TENDERLOIN
¼ CUP OF CHOPPED FRESH GARLIC
2 OZ. MONTREAL SEASONING

RED BLISS POTATOES
2 OZ. CHOPPED PARSLEY

YIELD: 6

Peel and trim the Filet

Saute the spinach and other ingredients slowly adding additional spinach as it shrinks in the pan.

When spinach is ready, insert a “sharpening steel” into the roast to create the opening for the spinach stuffing, working carefully in a circular motion from top to bottom of roast so not to pierce the exterior of the meat.

Stuffing is then inserted into the roast and worked throughout the length of the opening.

Once Filet is stuffed, Rub Montreal Seasoning and fresh garlic onto the exterior and place on Grill to sear all sides.

After you have completed searing, place filet in a roasting pan and bake in a 350 degree oven for 15-20 minutes for medium rare to medium doneness.

Nutrition Facts

Serving Size 1/6 of recipe 332g (331 g)

Amount Per Serving

Calories 410 Calories from Fat 148

% Daily Value*

Total Fat 17g 25%

 Saturated Fat 7g 33%

 Trans Fat 0g

Cholesterol 55mg 18%

Sodium 549mg 23%

Total Carbohydrate 45g 15%

 Dietary Fiber 6g 23%

 Sugars 4g

Protein 23g

Vitamin A 31% • Vitamin C 61%

Calcium 17% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

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