

TENDERLOIN & GARLIC-ROASTED VEGETABLES

Total preparation and cooking time: 1-1/2 hours

- 1 well-trimmed whole beef tenderloin roast (4 to 5 pounds)**
- 1 teaspoon dried Italian seasoning**
- 1/2 teaspoon cracked black pepper**
- 2 tablespoons grated Parmesan cheese**

1. Heat oven to 425°F. Combine Italian seasoning and pepper; press onto beef roast. Place roast on rack in shallow roasting pan. Insert ovenproof 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 50 to 60 minutes for medium rare; 60 to 70 minutes for medium doneness.
2. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Tent with foil. Let stand 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Carve roast; sprinkle with cheese. Season with salt. Serve with vegetables.

Makes 8 to 10 servings.

Garlic-Roasted Vegetables:

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| 1 large whole bulb garlic | 2 tablespoons olive oil |
| 3 medium potatoes, quartered | 1 teaspoon dried Italian seasoning |
| 4 small onions, halved | 1/2 teaspoon cracked black pepper |
| 6 plum tomatoes, halved | 1/4 cup grated Parmesan cheese |
| 2 medium zucchini, sliced (3/4-inch) | |

1. Cut off top of garlic bulb, cutting through tip of each clove; wrap bulb in foil. Combine remaining ingredients except cheese in large bowl; toss. Place garlic, potatoes and onions in jelly roll pan. Roast in oven with tenderloin 30 minutes. Add tomatoes and zucchini to pan; roast 15 minutes or until vegetables are tender. Squeeze garlic pulp over vegetables; mix. Sprinkle with cheese and salt.