



Beef Tenderloin Skewers

2-pounds beef tenderloin
4 cloves garlic, finely chopped
1/4 cup grainy mustard
2 tablespoon Dijon mustard
2 teaspoons Spanish paprika
1/4 teaspoon kosher salt
1/4 teaspoon freshly-ground black pepper
1 tablespoon soy sauce, low sodium
2 tablespoons white wine vinegar
1 tablespoon honey
6-inch wooden skewers

Soak wooden skewers in cold water for 30 minutes to minimize burning. Combine all other ingredients except tenderloin in a small bowl and let sit at room temperature for 30 minutes.

Cut tenderloin in half (lengthwise) and then into 1-inch slices. Place beef on skewers so the meat lays flat. Brush the meat generously with the prepared glaze. Heat grill to high and grill meat for 2-3 minutes per side until desired doneness, brushing with remaining glaze throughout grilling. Remove from grill and serve. Makes 8 servings.

Nutrition information per serving: 247 calories, 32 grams protein, 12 grams fat, 2 grams carbohydrate, 422 mg sodium.

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