

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



## *Dr. Sinatra's* **BUFFALO TENDERLOIN**

[Buffalo](#) tenderloin is a leaner alternative to steak tenderloin that can not only bring more color to your culinary palette, but heart health benefits. Because it is grass-fed, buffalo contains [omega-3 fatty acids](#) which help reduce blood pressure and [inflammation](#) in the body. Also, unlike conventionally raised beef, buffalo, or bison, has not been subjected to artificial growth hormones, which are associated with [cancers](#) of the breast, colon and prostate, or antibiotics, making it a better quality choice of protein that is also a great source of iron, zinc and selenium! Salad greens provide phytonutrients and fiber, and adding optional [onion](#) brings more health benefits to the table: onions can help lower blood pressure and cholesterol. Serves 4.

- 4 bison tenderloin or steak fillets (each one about the size of the palm of your hand)
- Sea salt and pepper, to taste
- 1 teaspoon minced garlic
- [Coconut Oil](#)
- Extra virgin [olive oil](#)
- 1 lemon
- Greens (pea shoots, arugula, lettuce, or spinach)
- ¼ cup chopped red onion (optional)

To prepare, season buffalo tenderloin with chopped garlic, pepper and sea salt, then place in a sauté pan with a 1 to 2 Tbsp combination of coconut and olive oils over medium-high heat. Sear each side for 5 minutes to achieve a rare to medium rare temperature. If you like your tenderloin or steak more well done, cook each side for a bit longer on medium or medium-low heat (lowering the heat is especially important with buffalo because it is so low in fat).

While the buffalo cooks, place on each plate a bed of washed greens; pea shoots, arugula, watercress, organic spinach, and any lettuce but iceberg are all great options. Squeeze fresh lemon juice over greens, then top with sliced buffalo, and red onions, if desired. Add a pinch of salt & pepper, then finish with a light drizzling of olive oil.

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