

RIBEYE ROAST WITH DIJON CRUST AND ROASTED GREEN BEANS

Total preparation and cooking time: 2-1/2 to 3-1/4 hours

- 1 well-trimmed beef ribeye roast, small end (4 to 6 pounds)**
- 1/2 cup Dijon-style mustard**
- 2-1/3 cups cheese and garlic or Caesar croutons, finely crushed (about 1-1/4 cups crumbs), divided**
- 1-1/2 pounds green beans, trimmed**
- 1 tablespoon olive oil**

1. Heat oven to 350°F. Spread mustard evenly over all surfaces of beef roast. Press 1 cup crouton crumbs evenly onto roast over mustard.
2. Place roast, fat side up, 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 350°F oven 1-3/4 to 2 hours for medium rare; 2 to 2-1/2 hours for medium doneness.
3. Meanwhile toss green beans with oil on metal baking sheet. Add remaining 1/4 cup crouton crumbs; toss to coat. Roast in 350°F oven with beef roast 30 minutes.
4. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Increase oven temperature to 450°F; continue roasting green beans 10 to 20 minutes or until tender and starting to brown.
5. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into slices. Season beef and green beans with salt and pepper, as desired.

Makes 6 to 8 servings.

Cook's Tip: *To make crouton crumbs, place croutons in food-safe plastic bag; close bag securely, squeezing out air. Crush croutons with rolling pin to form crumbs. Or, place croutons in food processor container. Cover; process until crumbs form.*

Nutrition information per serving (1/6 of recipe): 463 calories; 19 g fat (5 g saturated fat; 7 g monounsaturated fat); 129 mg cholesterol; 783 mg sodium; 15 g carbohydrate; 0.5 g fiber; 54 g protein; 15 mg niacin; 1.1 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 4.8 mg iron; 60.3 mcg selenium; 9.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving (1/8 of recipe): 347 calories; 15 g fat (4 g saturated fat; 6 g monounsaturated fat); 97 mg cholesterol; 587 mg sodium; 11 g carbohydrate; 0.4 g fiber; 40 g protein; 11.4 mg niacin; 0.8 mg vitamin B₆; 2.1 mcg vitamin B₁₂; 3.6 mg iron; 45.3 mcg selenium; 7.2 mg zinc.

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