

Tender Tri Tip

Yields:

one 3 unit serving of protein

FOLLOW YOUR SPECIFIC PORTION AMOUNTS AS DIRECTED

Ingredients:

4.5 oz. Tri Tip, thinly sliced (AFTER COOKING is easier)
-marinated for up to 30 minutes in McCormick's Roasted Garlic Gravy Packet
-Balsamic Style (directions on packet)

Directions:

1. Marinate up to 2 lbs. of a Tri Tip roast in the above mentioned gravy.
2. Heat oven 450°. Spray an oven safe pan or dish with Olive Oil (if using the oven).
3. Insert a meat thermometer into the middle of your Tri Tip roast. Place the Tri Tip in the oven for 15 minutes. Lower the heat to 350° and monitor the thermometer until it registers the inner temperature of your desired done-ness. It doesn't take long though.
4. Remove from pan and let sit for at least 10 minutes. Remove to a cutting board and thinly slice. Portion out 4.5 for a 3 unit protein requirement.
Protect your counter-top from the juices! Use the juices as gravy if you want.

Roasted Fingerling Potatoes

Yields:

one 3 unit serving carbohydrates and fats

FOLLOW YOUR SPECIFIC PORTION AMOUNTS AS DIRECTED

Ingredients:

1 1/2 cups roasted fingerlings, washed and quartered
A small amount of Olive Oil
1 clove garlic, peeled and diced
1/8 cup Maui onion, finely diced
a pinch of sea salt

Directions:

1. * Preheat oven to 400°. Cover a cookie sheet with parchment paper
2. Prepare the fingerling potatoes as directed above.
3. In a bowl, add the fingerlings and lightly coat with Olive Oil. Add the garlic, onion and salt. Toss to coat all of the wedges well.
4. Spread the coated wedges so that non are over-lapping onto the lined cookie sheet and place in the preheated oven for at least 25 minutes. Their done-ness depends on if you like them soft or crispy. They should appear browned a bit.

*You can also prepare these in a skillet on your stove top. Simply prepare the fingerlings as directed above. Heat a skilled in high. When the skillet is hot, pour in the potatoes and use a wooded spatula to toss them periodically. Do not cover the skillet with a lid; a mesh splatter protector is ok though. Cook them until they are tender on the inside and browned on the outside. About 25 - 30 minutes.