



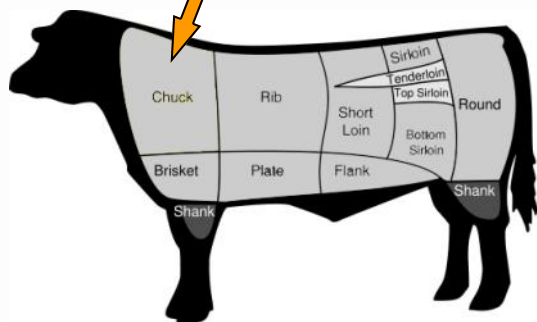
Petite Tender Fact Sheet



For more simple meal ideas, nutrition information and cooking tips, visit BeefItsWhatsForDinner.com

Petite Tender (Beef Shoulder Tender) originates from the Chuck Shoulder Clod. The Shoulder Tender muscle is similar in shape to a center cut beef Tenderloin, but smaller, and was given the “Petite Tender” name to help consumers identify it.

Petite Tender performs well in whole form as a roast, either roasted or grilled. It can also be sliced across the grain to create medallions, cut 1/2 inch to 3/4 inch thick, making them a great option for quick skillet preparations.



Crumb Crusted Shoulder Tender Petite Roast with Wasabi Sour Cream

Characteristics

Lean, juicy and flavorful—one of the most tender beef cuts. Cooking to medium rare to medium is recommended.

Easy and versatile for everyday meals. Can be grilled, skillet cooked, broiled, cut into strips and stir-fried or cut into cubes for kabobs.

Classic Substitutions

Substitute Tenderloin (Filet Mignon) or Ribeye Steak if the Petite Tender is not available.

Note: Cooking times will need to be adjusted according to the steak that is substituted.

Simple Meal Ideas

- Grill steak, season with salt and pepper, serve atop your favorite green salad.
- Cut into medallions for your favorite kabobs and grill or broil.
- Dry roast a whole Petite Tender and carve into thin slices.

Nutrition Information

An excellent source of protein, zinc, vitamin B₁₂, selenium, niacin, and vitamin B₆, and a good source of phosphorus, choline, iron, and riboflavin.

Nutrition information per 3-ounce cooked serving:
151 calories; 6 g fat (2 g saturated fat;
2 g monounsaturated fat); 22 g protein; 0.5 mg vitamin B₆; 4.4 mcg vitamin B₁₂; 2.2 mg iron; 4.5 mg zinc.