



Glazed Tri-Tip Roast with Creamy Gorgonzola Sauce

Marinade time: 30 minutes to 2 hours

Total recipe time: 1 to 1-1/4 hours

Makes 6 to 8 servings

Ingredients:

1 beef tri-tip roast (1-1/2 to 2 pounds)
1 red onion, cut into 16 wedges
4 cups Broccolini or baby broccoli, trimmed (about 9 ounces)
Nonstick cooking spray
Salt and pepper

Marinade:

1/3 cup balsamic vinegar
2 tablespoons light brown sugar
1 tablespoon reduced sodium soy sauce
3 cloves garlic, minced

Creamy Gorgonzola Sauce:

1/4 cup reduced fat cream cheese, softened
1/4 cup plain nonfat yogurt
2 tablespoons crumbled Gorgonzola cheese
1 tablespoon minced onion
1/4 teaspoon pepper

Instructions:

Combine marinade ingredients in small bowl. Reserve 2 tablespoons for basting. Place beef roast and remaining marinade in food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.

Heat oven to 425°F. Remove roast from marinade; discard marinade. Place roast on rack in shallow roasting pan. Place onion wedges around roast. Do not add water or cover. Roast in 375°F oven 40 to 45 minutes, basting with reserved 2 tablespoons marinade halfway through roasting time.

Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

Meanwhile prepare Creamy Gorgonzola Sauce. Combine all sauce ingredients in small bowl; mix well. Set aside.

Spray Broccolini with nonstick cooking spray, tossing to coat. Place on metal baking sheet. Roast in 425°F oven 10 to 15 minutes or until crisp-tender and slightly browned. Toss onion wedges with Broccolini. Season with salt and pepper, as desired.

Carve roast across the grain into thin slices. Season with salt and pepper, as desired. Top beef with Creamy Gorgonzola Sauce. Serve with vegetables.