

# Lemon-Garlic Roast With Herbed Oregano-Horseradish Sauce

A classic recipe with surprising flavors! This dish includes a perfectly cooked Strip Roast rubbed with lemon peel, pepper and garlic as well as a horseradish sauce spiked with tart lemon and oregano.



## INGREDIENTS

- 1 beef Strip Roast (3 to 4 pounds)
- 2 tablespoons grated lemon peel
- 1 tablespoon freshly ground black pepper
- 3 teaspoons minced garlic
- 1 cup regular or reduced-fat dairy sour cream
- 1/4 cup horseradish
- 1 tablespoon fresh lemon juice
- 2 teaspoons finely chopped fresh oregano or chives - One-half teaspoon dried oregano leaves may be substituted for fresh oregano.
- 1/4 teaspoon salt



2.25  
Hours



16  
Servings



42 Cal



19g  
Protein

## COOKING

1. Preheat oven to 325°F. Combine Seasoning ingredients; press evenly onto all surfaces of beef Strip Roast.
2. Place roast 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 325°F oven 1-1/4 to 1-1/2 hours for medium rare; 1-1/2 to 1-3/4 hours for medium doneness.
3. Meanwhile, combine Sauce ingredients in medium bowl; cover and refrigerate until ready to serve.
4. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 to 15 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)
5. Carve roast into slices; season with salt and pepper, if desired. Serve with sauce.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
16		6g	47mg		1g	19g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com