

Lemon Pepper & Garlic Eye of Round Roast Recipe

Courtesy of www.DrClay.com

Nutritious and delicious perfectly describes this **Eye of Round** recipe.

This is the best way I've come across to prepare eye of round so that it stays moist. This is tough to do with eye of round because it's so lean. In fact, it's almost as lean as chicken!

For you guys who, like me, hate cooking, you'll love this recipe because it has so few ingredients and steps.

Ingredients:

- Eye of Round Roast
- Garlic Salt
- Lemon Pepper
- 9 x 13 baking pan (not exactly an ingredient, but something you'll need)

Directions:

- Preheat oven to 350 degrees.
- Trim off all visible fat.
- Coat the entire roast thoroughly in Lemon Pepper seasoning.
- Coat the entire roast thoroughly in Garlic Salt.
- Bake at 350 degrees for approximately 1 to 1 ½ hours (more or less depending on your preference).
- Remove from oven and let cool for 5 to 10 minutes before slicing.

Nutrition Values:

- Serving Size: 3 oz (cooked weight)
- Calories: 138
- Protein: 25 g
- Carbs: 0 g
- Fat: 3.5g (1.5 g is the heart-healthy monounsaturated fat, while just 1.2 g is saturated)

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