



HERBED TENDERLOIN STEAKS WITH GOAT CHEESE TOPPING

Total Recipe Time: 25 to 30 minutes
Makes 4 servings

INGREDIENTS

4 beef Tenderloin Steaks, cut 1 inch thick (about 5 ounces each)
1/4 cup goat cheese
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
1 clove garlic, minced
Sautéed Arugula and Tomatoes (recipe follows, optional)
Salt

INSTRUCTIONS FOR HERBED TENDERLOIN STEAKS WITH GOAT CHEESE TOPPING

1. Combine goat cheese and basil in small bowl; set aside.
2. Press thyme and garlic evenly onto beef steaks.
3. Preheat nonstick skillet over medium heat. Cook steaks 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks from skillet; immediately top with goat cheese mixture. Keep warm.
4. Prepare Sautéed Arugula and Tomatoes, if desired. Season steaks with salt; serve with arugula mixture.

Sautéed Arugula and Tomatoes: Heat 1 teaspoon oil in nonstick skillet over medium heat until hot. Add 5 cups arugula leaves and 1 clove minced garlic; cook 1 to 2 minutes or until wilted, stirring constantly. Remove from heat. Stir in 1/2 cup diced tomatoes.

NUTRITIONAL INFORMATION FOR HERBED TENDERLOIN STEAKS WITH GOAT CHEESE TOPPING

Nutrition information per serving: 245 calories; 11 g fat (5 g saturated fat; 4 g monounsaturated fat); 93 mg cholesterol; 115 mg sodium; 1 g carbohydrate; 0.1 g fiber; 33 g protein; 9.2 mg niacin; 0.7 mg vitamin B6; 1.7 mcg vitamin B12; 2.3 mg iron; 35.6 mcg selenium; 5.7 mg zinc; 117.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium, zinc and choline; and a good source of iron.

Nutrition information per serving, including Sautéed Arugula and Tomatoes: 262 calories; 13 g fat (5 g saturated fat; 5 g monounsaturated fat); 93 mg cholesterol; 122 mg sodium; 2 g carbohydrate; 0.5 g fiber; 34 g protein; 9.3 mg niacin; 0.7 mg vitamin B6; 1.7 mcg vitamin B12; 2.7 mg iron; 35.8 mcg selenium; 5.9 mg zinc; 121.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium, zinc and choline; and a good source of iron.