

## Beef Tenderloin Steaks With Blue Cheese Topping

Try a steakhouse classic at home. Garlic-rubbed Beef Tenderloin Steaks are topped with creamy blue cheese.

## **INGREDIENTS**

4 beef Tenderloin Steaks, cut 1 inch thick (about 1 pound)

1 large clove garlic, halved

1/2 teaspoon salt

2 teaspoons chopped fresh parsley leaves

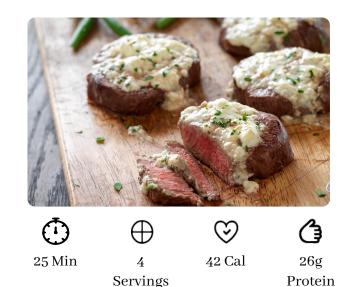
2 tablespoons cream cheese

4 teaspoons crumbled blue cheese

4 teaspoons plain yogurt

2 teaspoons minced onion

Dash ground white pepper



## **COOKING**

1. Combine topping ingredients in small bowl. Rub beef Tenderloin Seaks with garlic.

2. Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare ( $145^{\circ}$ F) to medium ( $160^{\circ}$ F) doneness, turning once. One to two minutes before steaks are done, top evenly with topping.

 ${\tt 3.}$  Season with salt; sprinkle with parsley.

## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL
4		10g	79mg		2g	26g	1	0

<sup>\*</sup>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.

 $Courtesy\ of\ BeefItsWhatsFor Dinner.com$