

Beef Tenderloin Topped with Herbed Cheese

Ingredients:

4 (1-inch thick) beef tenderloin steaks
2 TBS softened cream cheese
4 tsp blue cheese, crumbled
4 tsp plain yogurt
2 tsp minced onions
Dash pepper
1 large garlic clove, halved
1 tsp salt, divided
2 tsp freshly chopped parsley

Directions:

Preheat oven on broil setting.

Combine cream cheese, blue cheese, yogurt, onion & pepper. Set aside.

Rub each side of steaks with garlic. Place steaks on rack in broiler pan so the meat surface is 2-3" from heat. Broil 5-6 minutes. Season with salt. Turn & broil for an additional 3-4 minutes. Season with remaining salt.

Top each steak with an equal amount of reserved cheese mixture. Broil an additional 1-2 minutes. Garnish with parsley.

Serves: 4