

Filet Mignon with Portobello Sauce

The Madeira-spiked portobello sauce takes the steak up another notch.

Source: Better Homes and Gardens

Prep: 15 minutes Grill: 11 minutes

INGREDIENTS:

- 1 6-oz beef tenderloin steak(s), cut 1" thick
- 1/2 tsp olive oil
- 1/8 tsp black pepper
- 1 large fresh Portobello mushroom(s)
- 4 green onions, cut into 1" pieces
- 1-1/2 tsp margarine OR butter
- 3 TBS beef broth
- 1 TBS Madeira or port wine

DIRECTIONS:

1. Trim fat from steak. Use your fingers to rub oil onto both sides of steak - sprinkle with pepper.
2. **For charcoal grill:** place steak on rack of uncovered grill directly over medium coals. Grill to desired doneness. (Allow 11-15 minutes for medium-rare [145° F] or 14-18 minutes for medium [160° F]). **For gas grill:** preheat grill. Reduce heat to medium. Place steak on grill rack directly over heat – cover -grill as above. **Or** place steak on unheated rack of broiler pan. Broil 3-4" from heat, turning once. (Allow 12-14 minutes for medium-rare [145° F] & 15-18 minutes for medium [160° F])
3. Meanwhile, cut off mushroom stem(s) even with cap - discard stem. Halve and slice mushroom(s). **For sauce:** in large skillet cook/stir mushroom slices + green onions in hot margarine over medium heat about 5 minutes or till vegetables are tender - stir in broth + Madeira. Bring to boil - remove from heat. Thinly slice steak diagonally - serve with sauce.

Makes: 2 servings.

Nutritional facts per serving: calories: 206, total fat: 10g, saturated fat: 3g, monounsaturated fat: 4g, polyunsaturated fat: 1g, cholesterol: 52mg, sodium: 161mg, carbohydrate: 5g, total sugar: 2g, fiber: 3g, protein: 20g, vitamin A: 0%, vitamin C: 8%, calcium: 6%, iron: 17% - diabetic exchanges: vegetables: 1, lean meat: 2.5, fat: 1