



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Balsamic Black Pepper Filet Mignon**

Adapted from Cooking Light

- 2 tbsp molasses
- 1 tbsp balsamic vinegar
- 4-4oz beef tenderloin steaks (about 1 inch thick)
- $\frac{3}{4}$  tsp salt
- $\frac{3}{4}$  tsp fresh black pepper
- 1 tbsp olive oil

### **Instructions:**

Preheat broiler. Combine molasses and vinegar in a bowl. Add steaks to mixture and turn to coat. Grease baking sheet with olive oil. Put steaks on baking sheet and sprinkle with salt and pepper, evenly coating both sides of steak.

Broil steaks for 6 minutes. Turn steaks over and broil an additional 5 minutes, or until desired doneness.\* Let steaks rest 5-10 minutes before serving.

### **\*Beef Cooking Temperatures:**

Rare: 120 degrees	Medium: 140 degrees	
Medium rare: 130 degrees	Medium well: 150 degrees	Well done: 160 degrees

*The USDA recommends cooking beef to a minimum of 145 degrees to avoid foodborne illness.*

### **Notes:**

- If your cut of meat is thicker than 1 inch it may not sufficiently cook using the broiler; after broiling if it is still not at the correct temperature, continue cooking it in the oven at 325 degrees.
- When broiling, your rack should be 4-5 inches from the broiler unit in your oven.

**Yield:** 4 servings



### **NUTRITION INFORMATION PER SERVING:**

CALORIES: 250 calories	PROTEIN: 26 g	SODIUM: 495 mg
	CARBOHYDRATE: 8 g	FIBER: 0 g
	FAT: 12 g	Sat Fat: 4 g

### **MAKE IT A MEAL:**

**Protein:** 1 balsamic filet mignon portion

**Starch:**  $\frac{1}{2}$  large baked potato (145 calories)

**Vegetable:** Spinach greens tossed balsamic vinegar and olive oil (105 calories, figuring  $\frac{1}{2}$  tbsp olive oil and 1 tbsp blue cheese per person)

**Fruit:** Top spinach salad with pear slices (65 calories,  $\frac{1}{2}$  pear per person).

**Tip:** To save time, prepare the baked potatoes the night before (at 400 degrees for 45 minutes) and simply reheat them before serving.

### **GROCERY SHOPPING LIST**

4-4oz tenderloin steaks (about a pound total)

Spinach greens

Russet potatoes

Pear

Blue cheese

Molasses

*Condiment Pantry:* salt; pepper; olive oil; balsamic vinegar

### **USE OF LEFTOVERS**

-Sauté some vegetables in a sauté pan and add the sliced cooked tenderloin to warm through just before serving. Pair with some quick-cooking (parboiled) brown rice for a quick stirfry meal.