

# Succulent Filet in a Field of Greens

Total Recipe Time: 20 to 25 minutes

## Ingredients

- 4 beef tenderloin (filet) steaks, cut 1 inch thick
- 1 tablespoon olive oil
- 3 teaspoons minced garlic, divided
- 1 teaspoon chopped fresh thyme
- 3 cups assorted wild mushrooms (such as cremini, oyster, shiitake and enoki)
- 2 cups red and/or yellow cherry tomatoes, cut in half
- 2 tablespoons champagne or white wine vinaigrette
- Salt and pepper
- ½ cup mixed baby salad greens



## Directions

1. Heat oil in large nonstick skillet over medium heat until hot. Add mushrooms and 1 teaspoon garlic; cook and stir 2 to 4 minutes or until mushrooms are tender and browned. Remove to medium bowl; cool slightly.
2. Meanwhile, combine remaining 2 teaspoons garlic and thyme. Press evenly onto beef steaks. Place steaks in same skillet over medium heat; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter.
3. Add tomatoes, salad greens and vinaigrette to mushrooms; toss lightly to coat.
4. Season steaks with salt and pepper, as desired. Serve with salad.

Makes 4 servings

Cook's Tip: Three cups sliced button mushrooms can be substituted for assorted wild mushrooms.

Nutrition information per serving: 273 calories; 14 g fat (3 g saturated fat; 5 g monounsaturated fat); 67 mg cholesterol; 182 mg sodium; 8 g carbohydrate; 2.4 g fiber; 27 g protein; 10.6 mg niacin; 0.7 mg vitamin B6; 1.4 mcg vitamin B12; 2.5 mg iron; 30.0 mcg selenium; 5.1 mg zinc; 126.4 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.