



Grilled Herb Rubbed Filet

INGREDIENTS:

2 each	Beef tenderloin, cut into 4 ounce portions, trimmed
1 teaspoon	Rosemary, fresh, chopped
1 teaspoon	Thyme, fresh, chopped
¼ teaspoon	Salt
¼ teaspoon	Crushed black pepper
1 each	Non stick pan spray

PREPARATION:

- Preheat grill, cast iron skillet, or sauté pan.
- Season filets on both sides
- Lightly spray pan with non stick pan spray
- Once heat source is hot, place filets on cooking surface
- If grilling or using a cast iron skillet with ridges, make cross hatches by placing filet on surface for about 4 minutes, then turning the filet 45 degrees on the same side.
- Then flip over and repeat. This should achieve a medium rare filet.

Chef's Note: Remember that the thickness of your filet will determine cooking time. If your filet is really thick, you may want to grill mark it and then finish cooking in the oven. Medium rare reaches about 135° F internally.

Number of Servings:	2
Serving Size:	1 filet
Calories:	190
Fat Grams:	8

