

Beef Tenderloin Steaks with Port Reduction and Blue Cheese

from **CookingLight**

Add Brussels sprouts and wild rice to this entertaining-worthy dish. Use a large skillet to accommodate cooking the four steaks at once. If they're crowded in a small pan, the steaks will "steam," affecting the meat's texture.



Photo: Beau Gustafson; Styling: Jan Gautro

4 (4-ounce) filet mignon steaks, trimmed
1/4 teaspoon salt
1/4 teaspoon black pepper
Cooking spray
3/4 cup port or other sweet red wine
2 tablespoons jellied cranberry sauce
2 tablespoons fat-free, less-sodium beef broth
1/8 teaspoon salt
1/8 teaspoon black pepper
1 garlic clove, minced
2 tablespoons crumbled blue cheese

1. Heat a large cast-iron skillet over medium-high heat. Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper; coat steaks with cooking spray. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm.

2. Add port, cranberry sauce, broth, 1/8 teaspoon salt, 1/8 teaspoon pepper, and garlic to pan, scraping pan to loosen browned bits. Reduce heat, and cook until liquid is reduced to 1/4 cup (about 4 minutes). Serve steaks with sauce; top with cheese.

Yield: 4 servings (serving size: 1 steak, 1 tablespoon sauce, and 1 1/2 teaspoons cheese)

CALORIES 282 (33% from fat); FAT 10.2g (sat 4.1g,mono 3.8g,poly 0.4g); IRON 3.3mg; CHOLESTEROL 73mg; CALCIUM 35mg; CARBOHYDRATE 9.8g; SODIUM 361mg; PROTEIN 24.7g; FIBER 0.2g

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