
Garlic-Herb Steaks

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 1 hour 15 minutes

4 four-ounce beef tenderloin steaks

1/4 teaspoon table salt

1/4 teaspoon freshly ground black pepper

1/4 cup minced garlic

2 tablespoons chopped fresh flat-leaf parsley

1 tablespoon minced fresh rosemary

Sprinkle the steaks with salt and pepper. Coat them with garlic, parsley and rosemary. Chill for one hour.

Preheat the oven to 350 degrees. Cook the steaks in an ovenproof nonstick skillet coated with cooking spray over medium-high for 4 minutes on each side.

Transfer the skillet into the oven. Bake in the preheated oven to the desired doneness, about 10 minutes for medium-rare.

Beef

Per Serving (excluding unknown items): 293 Calories; 23g Fat (71.0% calories from fat); 18g Protein; 3g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 194mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.