

Beef Tenderloin Steaks with Blue Cheese Sauce

Blue cheese is higher in fat than other cheeses, but the flavor goes a long way, so you just need a little.

Per Serving:

212 cal., 10 g total fat (4 g saturated fat), 88 mg cholesterol, 203 mg sodium, 2 g carb., 0 g fiber, 27 g protein. Exchanges: 3.5 lean meat. Carb choices: 0.

2 tablespoons reduced-fat cream cheese (Neufchatel) softened
4 teaspoons crumbled blue cheese
4 teaspoons plain fat-free yogurt
1 tablespoon finely chopped onion
Dash ground white pepper
4 beef tenderloin steaks, cut 1 inch thick (about 1 pound total)
1 clove garlic, halved
1/8 teaspoon salt
2 teaspoons snipped fresh parsley



1. Preheat boiler. For sauce, in a small bowl, combine cream cheese, blue cheese, yogurt, onion and white pepper. Set aside.

2. Rub beef steaks on both sides with cut side of garlic; sprinkle with salt.

3. Place steaks on the unheated rack of a broiler pan.

4. Broil 2 to 3 inches from the heat for 13 to 15 minutes for medium-rare to medium doneness (145 to 160 degrees F), turning once halfway through broiling and topping steaks with sauce for last 1 to 2 minutes of broiling.

5. Sprinkle with parsley before serving.

Makes 4 servings.

For grilling: Place steaks on rack of an uncovered grill directly over medium coals. Grill for 13 to 15 minutes for medium-rare to medium doneness (145 to 160 degrees F), turning once halfway through grilling and topping steaks with sauce for the last 1 to 2 minutes.