

Beef Tenderloin Steaks with Blue Cheese Topping

INGREDIENTS:

2 beef tenderloin steaks, cut 1.5 - 2 inch thick (about 1 pound)
1 large clove garlic, halved
1/2 teaspoon salt
2 teaspoons chopped fresh parsley
Topping: 2 tablespoons cream cheese
4 teaspoons crumbled blue cheese
4 teaspoons plain yogurt
2 teaspoons minced onion
Dash ground white pepper

INSTRUCTIONS:

Combine topping ingredients in small bowl. Rub beef steaks with garlic.

Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare to medium doneness, turning once. One to two minutes before steaks are done, top evenly with topping.

Season with salt; sprinkle with parsley.

Serves 4