

BEEF

Garlic-Herb-Steaks



- 4 (4-ounce) beef tenderloin steaks
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup minced garlic
- 2 tablespoons chopped fresh *parsley*
- 1 tablespoon minced fresh *rosemary*

Sprinkle steaks, with salt and pepper, coat with garlic, parsley, rosemary. Chill 1 hour. Cook steaks in an ovenproof nonstick skillet coated with vegetable cooking spray over medium-high heat 4 minutes on each side. Bake 350 degrees for 10 minutes or to desired degree of doneness.

Serves 4.