

**BALSAMIC STEAKS** 6 portions**INGREDIENTS**

- 24 oz of beef tenderloin
- 1 tablespoon of oil
- 1 cup fresh, sliced strawberries
- 6 tbsps Gorgonzola cheese crumbles
- 2 tbsps, chopped of basil, fresh [5 g]
- 3 tbsps balsamic vinegar

COOKING METHOD

1° Instructions: 1. Season filets with salt and pepper. Heat oil in saute pan over medium-high. Add filets; sear 2-3 minutes per side for medium. Transfer to a plate; tent with foil. 2. Add vinegar to the pan; cook until liquid is reduced by half, ~5 minutes. Whisk in jam; stir to dissolve. 3. Serve the steaks with the sauce and top with strawberries, Gorgonzola, and basil

NUTRITIONAL INFORMATION

	PER 100 g	PER OUNCE (28 g)	% DRI
ENERGY	240 kcal	67 kcal	3 %
FAT	19 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	8 g	2 g	11 %
CHOLESTEROL	55 mg	15 mg	5 %
SODIUM	124 mg	35 mg	1 %
CARBOHYDRATE	2 g	1 g	0 %
SUGARS	2 g	0 g	—
FIBER	0 g	0 g	0 %
PROTEIN	14 g	4 g	—