



GRILLED MISO-MARINATED FILET MIGNON

Intermediate Lifestyle

Ingredients

3 TBS finely chopped green onions
2 TBS miso (soybean paste)
1 TBS rice vinegar
1 TBS honey
1 TBS lower-sodium soy sauce
2 TSP Dijon mustard
1 TSP dark sesame oil
4 (4-ounce) beef tenderloin steaks, trimmed
Cooking spray

Instructions

1. Combine first 7 ingredients in a large zip-top plastic bag. Add steaks to bag; turn to coat. Let stand at room temperature for 20 minutes, turning occasionally.
2. Preheat grill to medium-high heat.
3. Remove steaks from bag; discard marinade. Place steaks on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness

Portion-Per-Serving Information (Yields 4 servings): 1 serving = 1 steak = 1 P