

Filet Mignon with Horseradish sauce

Servings: 4

Ingredients for the Horseradish sauce:

1 TBSP prepared horseradish
1/2 cup non-fat sour cream
freshly ground black pepper

Ingredients for the Filet Mignon:

4 beef tenderloin filets (approx. 5 oz. each)
2 tsp olive oil or canola oil
salt and pepper

Directions:

Preheat the grill or pan to high
Brush the beef with oil and season with salt and pepper
Grill the beef until it is done to your preference (rare, medium rare, medium etc.)
Take off grill and let stand 5 to 10 minutes
Serve the filet with a dollop of horseradish sauce

Approximate nutritional values per serving:

? calories
?g carbohydrates
?g protein
?g fat (0g saturated fat)
? mg sodium
?g fiber

