



## Filet Mignon with Grilled Zucchini & Summer Squash

**Prep: 15 minutes plus standing**

**Grill: 10 minutes • Serves: 4**

- 2 whole roasted red bell peppers
- ¼ cup sour cream
- 1 tablespoon water
- 2¼ teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 4 medium yellow crookneck and/or zucchini squash, each cut lengthwise into ¼-inch-thick slices
- 2½ tablespoons olive oil
- 4 Certified Hereford Beef filet mignon steaks (about 8 ounces each)
- Nonstick grilling spray
- Prepared mashed potatoes (optional)
- Fresh Italian parsley leaves for garnish (optional)

1. In blender or food processor with knife blade attached, blend bell peppers, sour cream, water and ½ teaspoon salt 30 seconds or to a saucy consistency. In cup, combine remaining 1¾ teaspoons salt, garlic powder and black pepper. In medium bowl, toss squash with 1 tablespoon oil and ½ teaspoon seasoning mixture.

2. Prepare outdoor grill for direct grilling over medium-high heat. Coat steaks with 1 tablespoon oil and remaining seasoning mixture. Spray grill rack with nonstick grilling spray.

3. Place steaks and squash on hot grill rack. Cook steaks 10 to 12 minutes or until internal temperature reaches 145°F for medium-rare, turning once. Cook squash 2 to 4 minutes or until tender-crisp and grill marks appear, turning once. Remove steaks and squash from grill. Let steaks stand 5 minutes.

4. Spoon sauce onto 1 side of 4 individual serving plates. Arrange squash and mashed potatoes (if using) on opposite side of sauce. Arrange steaks on an angle against mashed potatoes and place drops of remaining oil on outer edge of sauce. Garnish with parsley, if desired.

*Approximate nutritional values per serving:*

*560 Calories, 35g Fat (12g Saturated), 158mg Cholesterol, 1342mg Sodium, 9g Carbohydrates, 3g Fiber, 54g Protein*

### Helpful tips:

- > To create grill marks on steaks: Using tongs, turn steaks a quarter turn halfway through grilling time on each side of steaks.
- > Zucchini and squash can be grilled in advance and reheated in microwave just before serving.
- > Use a squeeze bottle to place drops of olive oil onto sauce.
- > Turn this into Surf 'n Turf by adding grilled shrimp.