



RIBEYE FILET

Lemon-Pepper Seasoned Ribeye
Filets with Roasted Tomatoes

Total Time 40 to 45 minutes
Makes 4 servings

4 beef ribeye filets, cut 1-inch thick (*about 4 to 6 ounces each*)

2 cups red and yellow grape or cherry tomatoes, cut in half

2 teaspoons olive oil

1 teaspoon dried thyme leaves, crushed

2 cloves garlic, minced

¼ teaspoon salt

1½ teaspoon lemon pepper

1. Heat oven to 400°F. Combine tomatoes, oil, thyme, garlic and salt in medium bowl; toss to coat well. Arrange tomatoes, cut sides up, on metal baking sheet lined with aluminum foil. Roast in 400°F oven 30 to 35 minutes or until skins are wrinkled and begin to brown.
2. Meanwhile press lemon pepper evenly onto beef filets. Heat large nonstick skillet over medium heat until hot. Place filets in skillet; cook 10 to 14 minutes for medium rare to medium doneness, turning occasionally. Remove to platter; season with salt, as desired.
3. Serve filets with tomatoes.

This recipe is an excellent/good source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.