

# Steak Diane

Serving Size: 1 Steak  
Serves: 4

## Ingredients

1 tablespoon butter  
4-4oz lean beef tenderloin steaks, trimmed of all visible fat  
½ onion, finely chopped  
½ cup sliced mushrooms  
1 clove garlic, minced  
Pinch of coarse black pepper  
Pinch of salt  
1 oz Brandy  
1 teaspoon Dijon mustard  
½ cup fat free half and half  
Fresh parsley to garnish

## Directions

Melt the butter in a large heavy skillet on medium high heat. Sear the steaks about 2 minutes on each side just to seal in the flavors.

Add the onions and sauté until they begin to soften. Stir in the mushrooms and garlic and saute about 5 minutes. Add a dash of salt and the coarse black pepper.

If you are entertaining guests, set up beforehand a side table with hot pads in the dining room. Bring the pan with the steaks still hot to the dining room side table. Add the brandy and with fanfare light it to flambé the steaks. Once the flambé has burned off, return the pan to the stove to continue making the sauce.

Stir in the mustard and distribute in the skillet over low to medium heat. Add the fat free half and half and stir constantly until it is reduced by about half.

Plate the steaks, spoon the sauce over them and serve immediately with a garnish of fresh parsley.

*The visual display of the flambé and the aromas that are filling the house are tantalizing the senses of your guests and they are now eager for the main course.*

## Exchanges per serving:

3 Medium Fat Meats, 1 Vegetable, 2 Fats

## Nutrients per serving:

Calories: 350  
Calories from fat: 216  
Total Fat: 24g  
Cholesterol: 86mg  
Sodium: 190mg  
Total Carbohydrate: 5g  
Dietary Fiber: 0.4g  
Protein: 23g