

Lemon-Pepper Seasoned Ribeye Filets with Roasted Tomatoes

Total Recipe Time 40 to 45 minutes
Makes 4 servings

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



INGREDIENTS

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
½ teaspoons 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 with tomatoes.