

Beef Tenderloin with Parsnips
(serves 4)

4 6 oz filet mignons
8 tsp. chopped fresh thyme
1/4 C chopped onion
2 tsp. olive oil
4 parsnips (peeled and cut into bite size pieces)
12 button mushrooms quartered
2 C spinach
1 T olive oil
8 scallions
2 T chopped parsley
S and P to taste

1. Mix the thyme with 2 tsp. olive oil and rub on steaks, season with salt and pepper and grill (for 1 in thickness grill 4-5 minutes on each side).
2. Season with salt and pepper and grill scallions for two minutes on each side.
3. In large sauté pan over medium high heat add 1 T olive oil, add parsnips and cook for 5-6 minutes.
4. Add button mushrooms and cook another 3-4 minutes.
5. Toss spinach in and cook until wilted, TASTE and season with salt and pepper. Add chopped parsley.
6. Serve the steak on top of the parsnip mixture and garnish with grilled scallion. (note: either dice steak and serve or emphasize cutting into small pieces!)