

Grilled Filet Mignon with Vegetable Kebabs

4 servings

Active Time: 20 minutes

Total Time: 30 minutes

Ingredients

- 1 lemon, zested and juiced
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 16 cherry tomatoes
- 10 ounces white mushrooms, stemmed
- 1 medium zucchini, halved lengthwise and sliced into 1-inch pieces
- 1 small red onion, cut into wedges
- 1 pound filet mignon steak, 1 1/2 to 2 inches thick, cut into 4 pieces



Preparation

1. Preheat grill to high.
2. Combine lemon zest, lemon juice, oil, oregano, salt and pepper in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add tomatoes, mushrooms, zucchini and onion to the remaining marinade; toss well to coat. Thread the vegetables onto eight 10-inch skewers. Drizzle the vegetables and steak with the reserved marinade.
3. Grill the steak 4 to 6 minutes per side for medium. Grill the vegetable kebabs, turning frequently, until tender and lightly charred, 8 to 12 minutes total. Remove the vegetables from the skewers and serve with the steak.

Tips & Notes

- **Make Ahead Tip:** Equipment: Eight 10-inch skewers (see Tip)
- **Tip:** When using wooden skewers, wrap the exposed parts with foil to keep them from burning. (Contrary to conventional wisdom, soaking skewers in water doesn't protect them.)

Nutrition

Per serving: 291 calories; 17 g fat (4 g sat , 9 g mono); 70 mg cholesterol; 10 g carbohydrates; 27 g protein; 3 g fiber; 363 mg sodium; 529 mg potassium.

Nutrition Bonus: Vitamin C (45% daily value), Zinc (33% dv), Iron (25% dv).