

Low-Point Steak with Pinot-Pomegranate Sauce

Ingredients:

- 4, 4 oz. beef tenderloin steaks
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 green onion, chopped fine
- Pam cooking spray
- 1/3 cup Pinot Noir or Burgundy Wine
- 1/3 cup Diet Cran-Pomegranate Juice
- 1/3 cup 99% Fat-Free Beef Broth
- 1/2 Tbs worcestershire sauce (optional)
- 1 1/2 Tbs butter (Land O Lakes Lite with canola)

Heat large skillet over medium-high heat. Sprinkle steaks with salt and pepper. Coat pan with cooking spray and add steaks to pan. Cook 3 minutes on each side or until desired degree of doneness. Remove steaks from pan and keep warm. Add green onions to pan and saute' for 30 seconds. Add wine, pomegranate, beef broth, and worcestershire sauce. Bring to boil. Cook down until there's about 4 Tbs sauce remaining. Add butter and stir until melted. Serve sauce with steaks. Enjoy!

Total servings = 4

Serving size = 1

Points per serving = 5.8

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)