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Grilled Beef Tenderloin and Escarole

Prep Time: 15 mins

Cook Time: 16 mins

Total Time: 31 mins

Ingredients

- 1 cup(s) tomato(es), grape
- 2 tablespoon oil, olive, extra virgin, divided
- 2 tablespoon cheese, Parmesan, finely shredded, divided
- 1 tablespoon vinegar, balsamic
- 1 tablespoon basil, fresh, chopped
- 3/4 teaspoon salt, divided
- 1/2 teaspoon pepper, black ground, divided
- 1 clove(s) garlic, minced
- 2 head(s) escarole, large heads, or romaine lettuce, outermost leaves removed
- 1 pounds beef, tenderloin steaks, or filet mignon or sirloin steak, trimmed and cut into 4 steaks, 1-1 1/2 inches thick

Preparation

1. Preheat grill to medium-high.
2. Place tomatoes, 1 tablespoon oil, 1 tablespoon Parmesan, vinegar, basil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender; pulse until coarsely chopped.
3. Transfer to a small bowl; set aside. Combine the remaining 1 tablespoon oil and garlic in another small bowl.
4. Leaving the root ends intact, cut escarole (or romaine) heads into quarters (the root will keep the leaves from falling apart); brush the cut sides with the garlic-oil mixture and sprinkle with 1/4 teaspoon salt. Season both sides of steak with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Pat the remaining 1 tablespoon Parmesan onto both sides of the steak.
5. Oil the grill rack (see Tip). Grill the escarole (or romaine), turning occasionally, until the inner leaves have softened and the outer leaves have begun to char, about 4 minutes total. Transfer to a cutting board to cool. Grill the steaks, turning once, until desired doneness, 8 to 12 minutes total for medium.
6. Cut the root ends off the escarole (or romaine) and discard. Chop the leaves into bite-size pieces. Serve the steak and grilled greens drizzled with the reserved tomato vinaigrette.