

**Pork**

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# **Dijon Thyme Pork**

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**Servings: 4**

**Start to Finish Time: 30 minutes**

- 1 tablespoon fresh thyme, stem removed and finely chopped**
- 1 1-pound pork tenderloin, cut diagonally into about eight 1-inch-thick slices**
- 2 tablespoons Dijon mustard**
- 1 1/2 tablespoons garlic, minced**
- 1 tablespoon herb garlic butter**
- 1/4 cup dry white wine**
- 1/4 cup reduced-fat milk**
- 2 teaspoons flour**

Combine in a medium bowl, the thyme, mustard and garlic.

Add the pork slices. Press the pork into the bowl and turn to coat.

Preheat a large saute' pan on medium for 2 to 3 minutes.

Place the butter in the pan and then add the pork.

Cook 5 to 6 minutes on each side or until browned and 160 degrees (for medium well done).

Combine the wine, milk and flour. Add to the pork.

Cook and stir for 2 to 3 minutes or until the sauce thickens.

Serve the sauce with the pork.

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Per Serving (excluding unknown items): 162 Calories; 4g Fat (25.8% calories from fat); 25g Protein; 3g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.