

Pork

Pork Medallions with Raspberry-Balsamic Sauce

Lisa Varner - Charleston, SC

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Servings: 4

Start to Finish Time: 30 minutes

1 (1 pound) pork tenderloin, cut into 1-inch slices

1 teaspoon garlic powder

1 tablespoon olive oil

1/2 cup seedless raspberry jam

2 tablespoons balsamic vinegar

2 teaspoons Dijon mustard

Flatten the pork to 1/2-inch thickness. Sprinkle with garlic powder.

In a large skillet, cook the pork in oil over medium heat for 3 to 5 minutes on each side or until no longer pink. Remove and keep warm.

Add the jam, vinegar and mustard to the pan.

Cook and stir for 2 to 3 minutes or until thickened.

Serve with the pork.

Per Serving (excluding unknown items): 171 Calories; 7g Fat (39.6% calories from fat); 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 88mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.