

# Sauteed Rosemary Pork Medallions

Jamie Carroll

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 4

*1/2 cup flour*

*1/4 teaspoon salt*

*1/4 teaspoon pepper*

*1 pound pork tenderloin, cut diagonally into eight pieces*

*2 tablespoons olive oil*

*1/2 cup dry white wine*

*1/4 cup minced shallots*

*1 clove garlic, minced*

*1 cup chicken broth*

*1 tablespoon chopped fresh rosemary*

*1 tablespoon unsalted butter*

In a bowl, mix the flour, salt and pepper. Dredge the pork in the seasoning mixture.

In a skillet, heat the oil. Shake off any excess seasoning from the pork medallions and place in the skillet. Cook about 3 minutes per side or until the pork is pink in the center. Remove the pork to a platter and keep warm. Wipe out the skillet.

Add the wine, shallots and garlic. Bring to a boil for 2 to 3 minutes. Add the broth. Boil for 2 to 3 minutes more or until reduced to one cup of liquid. Remove from the heat.

Stir in the butter and rosemary. Pour the sauce over the pork slices.

Serve.

---

Per Serving (excluding unknown items): 317 Calories; 14g Fat (43.2% calories from fat); 27g Protein; 14g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 384mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 2 Fat.