

Pork Tenderloin Diane - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 10 minutes cook

Ingredients:

1 pork tenderloin, cut into 8 crosswise pieces

2 teaspoons lemon pepper

1 tablespoon butter

1 tablespoon lemon juice

1 tablespoon Worcestershire sauce

1 teaspoon dijon style mustard

1 tablespoon parsley, minced

Cooking Directions:

Place each piece of tenderloin between 2 pieces of plastic wrap. Flatten slightly with heel of hand. Sprinkle surfaces of pork with lemon pepper. Heat butter in heavy nonstick skillet; brown pork evenly, about 3-4 minutes on each side. Remove to serving platter, keep warm. Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, stirring with pan juices, until heated through. Pour sauce over medallions, sprinkle with parsley and serve.

Serves 4

Nutrition:



Calories: 191 calories

Protein: 25 grams

Fat: 8 grams

Sodium: 380 milligrams

Cholesterol: 85 milligrams

Saturated Fat: 4 grams

Carbohydrates: 6 grams

