

Pork Medallions with Rosemary and Mushrooms - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

1 pound pork tenderloin, cut into 8 crosswise pieces

1 tablespoon butter

1 cup fresh mushrooms, sliced

2 tablespoons onion, finely chopped

1-3 teaspoons fresh rosemary, chopped OR 1 teaspoon dried rosemary leaves, crushed

1/4 teaspoon celery salt

1 clove garlic, minced

1 tablespoon sherry



fresh rosemary sprigs, optional

fresh mushrooms, optional

Cooking Directions:

Press each pork tenderloin slice to 1-inch thickness. Heat margarine in large heavy skillet over medium-high heat. Brown pork quickly, about 1 minute on each side. Remove from heat. Place cooked pork slices on serving plate, reserving drippings. Keep warm. Add mushrooms, onion, rosemary, celery salt, pepper and garlic to reserved drippings in skillet. Cook over low heat about 2 minutes, stirring frequently. Add sherry; stir to blend. Return pork slices to skillet; spoon mushroom mixture over slices. Cover and simmer 3-4 minutes. Place pork slices and mushrooms mixture on serving plate. Garnish with sprigs of fresh rosemary and fresh mushrooms caps, if desired.

Servings: 4



Nutrition:

Calories: 168 calories

Protein: 25 grams

Fat: 7 grams

Sodium: 180 milligrams

Cholesterol: 75 milligrams

Saturated Fat: 3 grams

Carbohydrates: 2 grams

Fiber: 0 grams

