



Pork Medallions With Orange-Rosemary Sauce

Ingredients:

- 1 pound pork tenderloin
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 2 teaspoons olive oil, divided
- Cooking spray
- 1 tablespoon bottled minced garlic
- 1/2 cup dry red wine
- 1/2 teaspoon dried rosemary, crumbled
- 2 tablespoons tomato paste
- 3/4 cup fat-free, less-sodium chicken broth
- 1/4 cup orange juice

Directions:

- Trim fat from pork, and cut crosswise into 1-inch-thick pieces. Place each piece between 2 sheets of heavy-duty plastic wrap; flatten each piece to 1/2-inch thickness using a meat mallet or rolling pin. Sprinkle both sides of pork with pepper and salt.
- Heat 1 teaspoon oil in a 9-inch cast-iron skillet coated with cooking spray over medium-high heat. Add pork; cook 3 minutes on each side or until done. Remove pork from pan; set aside.
- Heat 1 teaspoon oil in pan. Add garlic; sauté 45 seconds. Stir in wine and rosemary, scraping pan to loosen browned bits. Add tomato paste; cook 2 minutes. Stir in broth and orange juice; cook until thick (about 6 minutes). Serve pork with sauce.

Yield: servings (serving size: 3 ounces pork and 1/4 cup sauce).

Nutritional Information: CALORIES 195 (25% from fat); FAT 5.4g (sat 1.3g, mono 3g, poly 0.6g); PROTEIN 25.2g; CARB 5.4g; FIBER 0.6g; CHOL 74mg; IRON 2.2mg; SODIUM 302mg; CALC 27mg

Recipe Source: Cooking Light Magazine

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.