

Pork

Pan-Seared Pork & Fried Green Tomato Salad

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Servings: 4

Start to Finish Time: 30 minutes

1 pound pork tenderloin

1/2 cup cornmeal

1 egg, well beaten

2 small green tomatoes, sliced 1/2-inch thick

2 tablespoons olive oil

1 cup watercress

2 ounces crumbled blue cheese

1/3 cup bottled sweet and sour sauce (or red pepper jelly, warmed and mixed with 1 to 2 tablespoons of cider vinegar)

Slice the tenderloin crosswise in twelve slices. Slightly flatten with the palm of the hand. Sprinkle with salt and pepper.

In a shallow dish, combine the cornmeal, 1/2 teaspoon of salt and 1/2 teaspoon of pepper.

Place the egg in a second shallow dish.

Dip the tomato slices in the egg, then coat in the cornmeal mixture. Set aside.

In a 12-inch skillet, heat one tablespoon of the oil over medium-high heat. Cook the pork for 3 minutes on each side until golden brown on the outside and slightly pink on the inside. Transfer to a platter. Cover to keep warm.

Add one tablespoonful of oil to the skillet. Cook the tomato slices for 2 to 3 minutes on each side until golden, adding oil if necessary.

Serve the pork and tomatoes with the watercress and blue cheese.

Drizzle the sweet and sour sauce.

Per Serving (excluding unknown items): 350 Calories; 16g Fat (42.6% calories from fat); 31g Protein; 19g Carbohydrate; 2g Dietary Fiber; 137mg Cholesterol; 288mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 Fat.