

Pork

Elegant Pork Marsala

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Servings: 6

Start to Finish Time: 30 minutes

5 teaspoons cornstarch

2/3 cup reduced-sodium chicken broth

1/3 cup whole wheat flour

1/2 teaspoon pepper

6 (4-ounce each) boneless pork loin chops

1 tablespoon olive oil

2 cups fresh mushrooms, sliced

1/3 cup onion, chopped

2 strips turkey bacon, diced

1/4 teaspoon garlic, minced

1 cup marsla wine or additional reduced-sodium chicken broth

In a small bowl, combine the cornstarch and broth until smooth. Set aside.

Place the flour and pepper in a large resealable plastic bag.

Add the pork, a few pieces at a time. Shake to coat.

In a large nonstick skillet coated with cooking spray, cook the chops in oil for 4 to 5 minutes on each side or until a meat thermometer reads 160 degrees. Remove and keep warm.

In the same skillet, saute' the mushrooms, onion and bacon in the drippings for 3 minutes or until the bacon is crisp-tender. Add the garlic. Cook for 1 minute longer. Add the wine, stirring to loosen the browned bits from the pan.

Stir the cornstarch mixture. Add to the pan. Bring to a boil. Cook and stir for 2 minutes or until slightly thickened. Serve with the pork.

Per Serving (excluding unknown items): 72 Calories; 3g Fat (40.7% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 63mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.