

Parmesan Pork Tenderloin

John Hansen - Marstons Mills, MA
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Servings: 2

1 3/4 pound pork tenderloin
6 tablespoons grated Parmesan cheese
1 small sweet onion, sliced and separated into rings
1 1/2 cups sliced fresh mushrooms
1 clove garlic, minced
2 teaspoons butter, divided
2 teaspoons olive oil, divided
1/4 cup reduced-sodium beef broth
2 tablespoons port wine (or additional beef broth)
1/8 teaspoon salt (optional)
1/8 teaspoon dried basil, crushed
1/8 teaspoon dried thyme, crushed
1/8 teaspoon dried rosemary, crushed
dash pepper
1/2 teaspoon cornstarch
3 tablespoons water

Preparation Time: 25 minutes

Cook Time: 25 minutes

Cut the pork into half-inch slices. Flatten to 1/8-inch thickness. Coat with Parmesan cheese. Set aside.

In a large skillet, saute' the onion, mushrooms and garlic in one teaspoon of butter and one teaspoon of oil until tender. Remove from the skillet and keep warm.

In the same skillet, cook the pork in batches over medium heat until the juices run clear using the remaining butter and oil, about 2 minutes on each side. Remove and keep warm.

Add the broth to the pan, scraping to loosen the brown bits. Stir in the wine. Add the seasonings. Bring to a boil. Reduce the heat. Simmer, uncovered, for 5 minutes.

In a bowl, combine the cornstarch and water until smooth. Stir into the pan juices. Bring to a boil. Cook and stir until thickened, about 2 minutes.

Serve with the pork and the onion mixture.

Per Serving (excluding unknown items): 386 Calories; 19g Fat (44.7% calories from fat); 44g Protein; 9g Carbohydrate; 2g Dietary Fiber; 133mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 2 Fat.