

Pork

Peppered Pork with Asti Cream Sauce

Simple & Delicious Test Kitchen

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Servings: 4

Start to Finish Time: 30 minutes

1 (1-pound) pork tenderloin, cut into 3/4-inch slices

3 1/2 teaspoons coarsely ground pepper

2 3/4 teaspoons paprika

1 teaspoon garlic

2 tablespoons canola oil, divided

1 1/2 cups fresh mushrooms, sliced

1 green onion, sliced

3/4 cup reduced-sodium beef broth

2/3 cup Asti Spumante

1/2 cup heavy whipping cream

Flatten pork to 1/2-inch thickness.

In a large resealable plastic bag, combine the pepper, paprika and garlic powder.

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

Add one tablespoon of oil to a large skillet. Cook the pork in batches over medium-high heat for 3 to 4 minutes on each side or until a meat thermometer reads 160 degrees. Set aside and keep warm.

In the same skillet, saute' the mushrooms and onion in the remaining oil until tender.

Add the broth and Asti Spumante. Bring to a boil. Cook until the liquid is reduced by half, about 8 minutes.

Stir in the cream. Bring to a boil. Cook for 3 to 5 minutes or until thickened.

Return the pork to the pan and heat through.

Per Serving (excluding unknown items): 317 Calories; 22g Fat (62.2% calories from fat); 26g Protein; 5g Carbohydrate; 1g Dietary Fiber; 115mg Cholesterol; 71mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.