

## **Pork**

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# **Pork Medallions with Cherry Sauce**

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**Servings: 4**

**Start to Finish Time: 20 minutes**

**1 pound pork tenderloin**

**salt and freshly ground black pepper**

**nonstick cooking spray**

**3/4 cup cranberry, cherry or apple juice**

**2 teaspoons spicy brown mustard**

**1 teaspoon cornstarch**

**1 cup fresh sweet cherries (Rainier or Bing) or frozen unsweetened dark sweet cherries, halved and pitted**

**fresh parsley (optional)**

Cut the pork crosswise into 1-inch slices. Place each slice between two pieces of plastic wrap. Use the flat side of a meat mallet to lightly pound each slice into a 1/2-inch medallion. Sprinkle the pork lightly with salt and pepper.

Coat a large nonstick skillet with cooking spray. Heat the skillet over medium-high heat.

Add the pork and cook for 6 minutes or until the pork is slightly pink in the center and the juices run clear, turning once.

Transfer the pork to a serving platter and cover with foil.

In a small bowl, stir together the cranberry juice, mustard and cornstarch. Add to the skillet. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Stir in the cherries.

Serve the cherry sauce over the pork.

Garnish with fresh parsley, if desired.

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Per Serving (excluding unknown items): 139 Calories; 4g Fat (26.3% calories from fat); 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 57mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat.