

Pork

Pork Over Spaetzle

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Servings: 4

Start to Finish Time: 30 minutes

1 box (10.5 oz) spaetzle OR eight ounces egg noodles

1/4 cup all-purpose flour

2 teaspoons fresh rosemary, chopped and divided

3/4 teaspoon salt, divided

1/4 teaspoon black pepper

1 pound pork tenderloin, cut into 1/4-inch-thick medallions

4 tablespoons unsalted butter, divided

1 container (10 oz) Brussels sprouts, stems trimmed and sliced

1 head (about 8 oz) radicchio, cored and sliced

1 cup fresh mushrooms, sliced

1/2 cup vegetable broth

Cook the spaetzle for 25 minutes as per package directions. (For noodles, cook 7 minutes or as per package directions.)

Meanwhile, blend the flour, one teaspoon of the rosemary, 1/4 teaspoon of the salt and the pepper in a dish. Coat the pork in the flour mixture.

Heat two tablespoons of the butter in a large nonstick skillet over medium heat. Add the Brussels sprouts, radicchio, mushrooms, remaining rosemary and the vegetable broth. Cook 8 to 10 minutes or until softened. Add the remaining 1/2 teaspoon of salt.

In another large skillet, melt the remaining two tablespoons of butter over medium-high heat. Add half of the pork and brown on both sides (1 to 2 minutes per side). Repeat with the remaining pork.

Drain the spaetzle and stir into the veggies.

Serve the pork over the spaetzle mixture.

Per Serving (excluding unknown items): 296 Calories; 16g Fat (49.2% calories from fat); 26g Protein; 11g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 666mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.