
Pork Tenderloin Diane

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

1 pound pork tenderloin, cut into eight pieces (medallion size)

lemon pepper

2 tablespoons butter

2 tablespoons lemon juice

1 tablespoon Worcestershire sauce

1 teaspoon Dijon-style mustard

1 tablespoon parsley or chives (for garnish), minced

Press each tenderloin slice into a one-inch thickness. Sprinkle with lemon pepper.

Heat butter in a heavy skillet and cook the medallions for 3 to 4 minutes on each side. Remove the medallions to a serving platter (keep warm).

Add the lemon juice, Worcestershire sauce and mustard to the skillet. Cook, stirring with pan juices, until heated through.

Pour the sauce over the medallions. Sprinkle with parsley.

Pork

Per Serving (excluding unknown items): 771 Calories; 39g Fat (46.1% calories from fat); 96g Protein; 6g Carbohydrate; trace Dietary Fiber; 357mg Cholesterol; 671mg Sodium. Exchanges: 13 1/2 Lean Meat; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.