

# Pork Tenderloin Piccata

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## Servings: 6

*1 one-pound pork tenderloin  
1 egg, beaten  
1/4 cup milk  
2/3 cup flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup margarine, divided  
2 to 3 tablespoons lemon  
juice  
lemon slices (for garnish)  
minced parsley (for garnish)*

Slice the tenderloin into six pieces. Pound with a meat mallet or rolling pin until 1/4-inch thick. Set aside.

In a shallow dish, combine the egg and milk. Mix well.

In another shallow dish, combine the flour, salt and pepper. Blend well.

Dip the pork in the egg mixture, then dredge in the flour mixture.

In a large skillet, heat two tablespoons of margarine. Add the meat and cook over medium heat until golden brown, turning once (about 12 to 15 minutes). Remove from the skillet and keep warm.

Add the remaining two tablespoons of margarine and lemon juice to the skillet. Cook for 1 minute, stirring to loosen the pan particles. Pour over the pork.

Garnish with lemon slices and parsley.

Per Serving (excluding unknown items): 202 Calories; 10g Fat (43.8% calories from fat); 11g Protein; 18g Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol; 303mg Sodium. Exchanges: Grain (Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat