

Pork with Mushrooms and Brie Sauce Over Mashed Potatoes

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*1 wedge (7 to 8 ounce) deli Brie cheese
2 tablespoons fresh Italian parsley, chopped
1 (one pound) pork tenderloin, cut into one-inch medallions
1 teaspoon Montreal steak seasoning
4 tablespoons unsalted butter, divided
8 ounces sliced baby portabella mushrooms
2 teaspoons chopped garlic
1 teaspoon dried thyme leaves
1 package (24 ounce) refrigerated mashed potatoes
1/4 cup vegetable (or chicken) broth*

Cut the rind from the Brie. Cut into chunks (about one cup). Coat the pork with the seasoning. (wash hands).

Preheat a large nonstick saute' pan on medium-high for 1 to 2 minutes. Melt two tablespoons of butter in the pan until frothy. Add the pork and cook for 2 to 3 minutes on each side until browned. Remove from the pan.

Place the remaining two tablespoons of butter in the same pan. Add the mushrooms, garlic and thyme. Cook for 3 to 4 minutes, stirring occasionally, or until the mushrooms are tender.

Microwave the potatoes according to package directions.

Reduce the heat to medium-low. Stir in the broth and pork medallions. Simmer for 3 to 4 minutes, stirring occasionally, until the sauce over the mashed potatoes. Sprinkle with parsley.

Per Serving (excluding unknown items): 800 Calories; 56g Fat (63.2% calories from fat); 52g Protein; 21g Carbohydrate; 1g Dietary Fiber; 272mg Cholesterol; 335mg Sodium. Exchanges: 1 1/2 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 9 1/2 Fat.