

## Healthy Pork Scaloppini

Serving size: 2 - 3 oz pork medallions

Serves: 6

### Ingredients:

2 ½ pound pork loin, sliced into 3 oz medallions  
¼ cup all purpose flour  
1 teaspoon black pepper  
1 tablespoon olive oil  
½ cup onion, diced  
1 whole tomato, diced  
1 cup fresh mushrooms, sliced  
2 teaspoons butter

### Directions:

1. Pound the pork medallions to ⅛ inch thickness.
2. Combine the flour and pepper.
3. Lightly dust the pork medallions.
4. Heat the oil to hot in a heavy skillet. Sauté the pork. Reserve.
5. Add the onion and sauté until tender.
6. Add the tomatoes and mushrooms and sauté about 2 minutes.
7. Return the pork to the pan.
8. Add the butter and heat through.

### Exchanges per serving:

5 Very Lean Meat, 1 Vegetable, 1 Fat

### Nutrients per serving:

Calories: 268

Calories from fat: 86

Total Fat: 10g

Cholesterol: 95mg

Sodium: 458mg

Total Carbohydrate: 7g

Dietary Fiber: 1g

Protein: 39g