

Pork Tenderloin with Rosemary Crème Sauce

1 tbsp olive oil
1½ lb pork tenderloin
1 cup 33% less sodium chicken broth
2 tsp white wine vinegar
1 tsp chopped fresh (or ½ tsp dried) rosemary
½ tsp fresh (or ¼ tsp dried) thyme
¼ tsp black pepper
½ cup skim milk
1 tbsp cornstarch

Serves 6

Nutrient Value (per serving)

Calories: 157
Carbohydrate: 3 g
Protein: 22 g
Saturated Fat: 2 g
Fiber: 0 g

1. Heat frying pan on high. Add oil, when hot, add tenderloin. Turn as needed to brown well on all sides – 5 to 8 minutes total.
2. Reduce heat to medium. Add chicken broth, white wine vinegar, rosemary, thyme and pepper. Cover and simmer – turning pork after 5 minutes – until it reaches 155°F with meat thermometer (10-12 minutes total). Transfer pork to a platter, cover or set in microwave to keep warm.
3. Blend milk and cornstarch. Mix into remaining juices in pan. Stir over high heat until boiling. Set aside.
4. Cut pork into diagonal slices. Pour sauce around and over meat.

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