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.


4. Cut pork into diagonal slices. Pour sauce around and over meat.

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