

Pork Tenderloin in Onion and Mustard Sauce

Servings: 6

Serving Size: 6 oz

Total Time: 35 minutes

Adapted from: *Food and Wine Blog*

Ingredients:

2 12-oz pork tenderloins

1/8 tsp salt

1/8 tsp ground pepper

1 tsp all-purpose flour

2 Tbsp. unsalted butter

2 Tbsp. extra-virgin olive oil

1 large onion, sliced very thinly

1 Tbsp. grainy mustard

1 cup low-sodium chicken broth

1 Tbsp. chopped fresh dill

Directions:

1. Cover the pork tenderloins with plastic wrap, and lightly pound the pork using a meat mallet, a small, heavy skillet, or the heel of your hand so that it's 1 inch thick. Cut the pork tenderloins into 2-inch lengths and season with salt and pepper.
2. In a medium, deep skillet, melt the butter in the olive oil. Add the pork and cook over high heat, turning once, until lightly browned, about 3 minutes. Transfer the pork to a plate.
3. Add the sliced onion to the skillet, cover and cook over moderate heat, stirring occasionally, until softened, about 10 minutes. Stir in the mustard and flour and cook for 1 minute. Add the chicken broth and bring to a boil. Nestle the pork in the onion sauce and cover and simmer over moderate heat until the pork is cooked through (145 degrees), about 8 minutes. Transfer the pork to plates.
4. Stir the chopped dill into the sauce and spoon over the pork.

Nutrition Information per Serving: 215 calories, 11g total fat, 4g saturated fat, 24g protein, 3g carbohydrate, 0g fiber, 244mg sodium

