



Taste of Home

Apricot-Rosemary Pork Medallions

TOTAL TIME: Prep: 10 min. Cook: 30 min.

YIELD: 8 servings.

I needed to use pork tenderloin from my fridge, but I didn't want to wait for it to roast. I tried this, and it was not only quick but my family loves it. You can play with different preserves to make your favorite flavors. —Mildred Lynn Caruso, Brighton, TN

Ingredients

2 pork tenderloins (1 pound each)

1/2 cup seasoned bread crumbs

2 tablespoons olive oil

6 cups fresh broccoli florets

2/3 cup apricot preserves

1/4 cup white wine or chicken broth

2 teaspoons minced fresh rosemary or 1/2 teaspoon dried rosemary, crushed

1/2 teaspoon salt

1/8 teaspoon pepper

5-1/3 cups hot cooked brown rice

Directions

1. Cut each tenderloin crosswise into eight 1-in. slices. Place bread crumbs in a shallow bowl. Dip pork slices in crumbs, patting to help coating adhere. In a large nonstick skillet, heat oil over medium heat. Add pork in batches; cook 3-4 minutes on each side or until a thermometer reads 145°.

2. Meanwhile, in a large saucepan, place steamer basket over 1 in. of water. Place broccoli in basket. Bring water to a boil. Reduce heat to maintain a simmer; steam, covered, 4-6 minutes or until tender.

3. In a small saucepan, mix preserves, wine, rosemary, salt and pepper. Cook and stir over medium-low heat 3-5 minutes or until preserves are melted. Serve with pork, broccoli and rice.

Nutrition Facts

1 serving: 404 calories, 9g fat (2g saturated fat), 64mg cholesterol, 321mg sodium, 53g carbohydrate (12g sugars, 4g fiber), 28g protein.

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