



Asian Pork Medallions

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 4 servings.

When I became serious about losing weight and getting healthy, my kids missed the Chinese delivery that I used to order so frequently. I combined a few recipes to come up with this tasty winner. —Dianne James, Edmond, Oklahoma

Ingredients

1/4 cup dry sherry or reduced-sodium chicken broth

3 tablespoons reduced-sodium soy sauce

1 tablespoon brown sugar

1 tablespoon hoisin sauce

1 garlic clove, minced

1/8 teaspoon cayenne pepper

1 tablespoon sesame oil

1 pork tenderloin (1 pound), cut into 1/2-in. slices

Hot cooked brown rice, optional

Sliced green onions, optional

Directions

1. In a small bowl, mix the first six ingredients until blended.
2. In a large skillet, heat oil over medium-high heat. In batches, cook pork 3-4 minutes on each side or until tender; remove from pan.
3. In same skillet, bring sauce mixture to a boil; cook and stir 1-2 minutes or until thickened. Return pork to pan; heat through, turning to coat. If desired, serve with rice and top with green onions.

Nutrition Facts

1/2 cup (calculated without rice): 202 calories, 7g fat (2g saturated fat), 63mg cholesterol, 566mg sodium, 6g carbohydrate (4g sugars, 0 fiber), 23g protein. **Diabetic Exchanges:** 3 lean meat, 1/2 starch, 1/2 fat.

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