Servings: 3

Pork Medallions with Chili-Maple Sauce

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http://www.epicurious.com/recipes/food/views/Pork-Medallions-with-Chili-Maple-Sauce-237902#ixzz0jtC6jxM



12 ounces pork tenderloin
1/2 teaspoon Chinese five spice powder
1 tablespoon vegetable oil
3/4 cup low-sodium chicken broth
1 1/2 tablespoons maple syrup (the real stuff)
1 tablespoon chili-garlic sauce
1 whole green onion, chopped

Serving Ideas: Serve with rice of some kind to help soak up the tasty sauce.

Per Serving (excluding unknown items): 212 Calories; 9g Fat (37.4% calories from fat); 27g Protein; 8g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 193mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com

Notes: Be sure to reduce down the chicken broth until it's started to thicken. Otherwise it's too watery.

1. Cut tenderloin crosswise into 6 slices. Using meat mallet, pound medallions between 2 sheets of plastic wrap to 1/2-inch thickness (this doesn't take all that many swings with the flat mallet). Sprinkle with salt, pepper, and five-spice powder.
2. Heat oil in large skillet over high heat. Add pork; cook until brown and cooked through, about 3 minutes per side. Transfer to platter. Add next 3 ingredients to skillet. Boil until reduced to scant 1/4 cup, about 2 minutes. Pour sauce over pork; sprinkle with green onion.