

# Blue is Better Recipe (Serves 4)

## Parmesan Pork Medallions

### Ingredients

- olive oil spray
- 1 lb. pork tenderloin, all visible fat removed
- 1/4 c. all-purpose flour
- egg substitute equivalent to 1 egg or 2 large egg whites
- 1/2 c. dry whole wheat bread crumbs
- 1 1/2 tsp. Mrs. Dash Italian seasoning
- 24 oz. fresh asparagus
- 8 oz. can no-salt-added tomato sauce
- 1 Tbsp. + 1 1/2 tsp. grated Parmesan cheese

### Preparation Instructions

1. Preheat oven to 400°F. Spray a shallow baking pan with olive oil spray.
2. Cut pork crosswise into 12 slices. Shake in ziplock bag with flour. Pour egg into bag and shake to coat.
3. Combine bread crumbs & 1/2 tsp. Mrs. Dash in a shallow bowl. Lightly coat pork with bread crumbs. Put pork in baking pan. Lightly spray with olive oil. Bake for 25 minutes.
4. Bring water to boil in large pan/skillet. While water is heating, trim & discard bottom 1" of asparagus. Add spears to boiling water, reduce heat & cook for 2-3 minutes until tender-crisp. Cover & set aside.
5. Mix tomato sauce & 1 tsp. Mrs. Dash in a small bowl. After pork has baked for 25 minutes, spoon tomato sauce over it. Sprinkle with Parmesan cheese. Bake for an additional 5 minutes until pork is no longer pink in center & cheese has melted.
6. Place asparagus on a platter & top with pork.

### NUTRITION FACTS

#### Serving Size

3-oz. pork, 1/2 c. asparagus

#### Amount Per Serving:

**Calories**.....296

Calories from Fat.....72

**Total Fat**.....8 g

Saturated Fat.....4 g

**Cholesterol**.....74 mg

**Sodium**.....282 mg

**Carbohydrate**.....23 g

Dietary Fiber.....3 g

**Protein**.....32 g

