

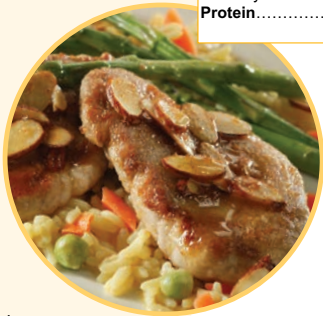
Blue is Better Recipe (Serves 8) Pork Tenderloin Amandine

Ingredients

- 1-lb. pork tenderloin, cut into 8 equal pieces
- 2 tsp. margarine
- 1/4 c. slivered or sliced almonds
- 1/4 c. flour
- pepper, to taste
- 1 Tbsp. lemon juice

Preparation Instructions

1. Place each tenderloin piece between two pieces of plastic wrap and gently press to 1/4" thickness. Set aside.
2. In skillet over medium heat, toast almonds for 1 minute or until golden, stirring constantly. Remove almonds and reserve.
3. Melt margarine in skillet. Lightly coat tenderloins cutlets with flour & sauté over medium heat 4-6 minutes, turning once.
4. Remove pork to platter & keep warm. Add lemon juice & almonds to pan, stir & heat through. Pour sauce over pork & serve.



NUTRITION FACTS

Serving Size

1 pork tenderloin section

Amount Per Serving:

Calories.....	230
Calories from Fat.....	90
Total Fat.....	10 g
Saturated Fat.....	2 g
Cholesterol.....	75 mg
Sodium.....	150 mg
Carbohydrate.....	8 g
Dietary Fiber.....	1 g
Protein.....	26 g