

# Blue is Better Recipe (Serves 6)

## Spicy Pepper-Glazed Pork Medallions

### Ingredients

- 1 1/2 lbs. pork tenderloin, cut into 1" slices
- 1 1/2 tsp. ground cumin
- 1 1/2 tsp. Mrs. Dash garlic pepper seasoning
- 1 1/2 Tbsp. canola oil
- 2 Tbsp. Worcestershire sauce
- 1/3 c. jalapeno jelly
- 1/4 c. orange juice
- 2 tsp. Dijon-style mustard
- Orange slices
- Italian parsley sprigs

### Preparation Instructions

1. Season pork with cumin and garlic pepper. Heat oil in large nonstick skillet. Add pork and cook until nicely browned on both sides, about 2-3 minutes.
2. Stir in Worcestershire, jelly, orange juice and mustard. Cook, turning often, until pork is well glazed.
3. To serve, spoon small amount of sauce onto serving plate. Place pork medallions on top. Spoon remaining sauce over pork. Garnish with orange slices and parsley, if desired.



### NUTRITION FACTS

#### Serving Size

1 pork medallion

#### Amount Per Serving:

**Calories**.....230

Calories from Fat.....72

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

Saturated Fat..... 2 g

**Cholesterol**.....75 mg

**Sodium**.....160 mg

**Carbohydrate**..... 15 g

**Protein**.....24 g