

Blue is Better Recipe (Serves 4)

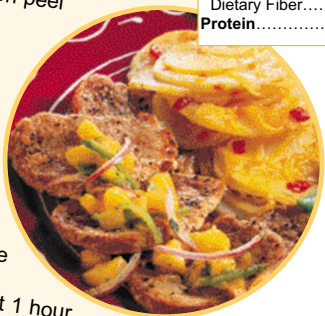
Teriyaki Pork Medallions with Papaya Salsa

Ingredients

- 2 navel oranges
- 3/4 c. chopped refrigerated papaya or mango
- 1/4 c. slivered green bell pepper
- 2 Tbsp. finely slivered red onion
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. finely shredded lime or lemon peel
- 1 tsp. lime or lemon juice
- 2 tsp. finely chopped jalapeño pepper
- 1 1-1/4-lb. teriyaki-marinated pork tenderloin
- 1 Tbsp. canola oil

Preparation Instructions

1. Peel oranges, remove seeds and coarsely chop oranges. In medium bowl combine oranges, papaya or mango, bell pepper, onion, cilantro, lime or lemon peel, lime or lemon juice, and jalapeño pepper. Cover and chill at least 1 hour.
2. Cut pork tenderloin crosswise into 12 slices. Place between plastic wrap; press with heel of hand to 1/2-inch thickness. In large skillet sauté pork, half at a time, in hot oil for about 3 minutes on each side. Serve with salsa.



NUTRITION FACTS

Serving Size

4-oz. pork & papaya salsa

Amount Per Serving:

Calories	225
Calories from Fat.....	72
Total Fat	8 g
Saturated Fat.....	2 g
Cholesterol	67 mg
Sodium	741 mg
Carbohydrate	21 g
Dietary Fiber.....	1 g
Protein	27 g