

Broiled Pork Medallions

with Wilted Summer Greens

Recipe Courtesy Chef Bryan Woolley

Broiled Pork Medallions

4—1-inch thick pork medallions
2 Tbsp Dijon mustard
1 tbsp fresh rosemary, minced
1 shallot, minced
Salt and freshly cracked pepper

1. In a small bowl, mix together Dijon mustard, rosemary, shallot and salt and pepper to taste.
2. Lightly brush mustard marinade over pork medallions.
3. Place pork medallions on a broiling pan and broil each side for about 5 minutes. Be sure to watch them and adjust the rack in your oven to allow them to cook properly and not burn. Internal temperature should be 160 degrees.
4. Serves 4.

Wilted Summer Greens

1/4 cup raisins
1/3 cup almonds
1 large peach, peeled and diced into 1/2 inch cubes
4 green onions, minced
7 cups summer greens (your choice)
2 Tbsps extra virgin olive oil
Salt and freshly cracked pepper

1. Heat a large heavy skillet on the stove.
2. Add the olive oil, raisins, almonds, peach, and green onions. Sauté just until fragrant. (No more than 1 minute)
3. Add greens and sauté until they begin to wilt. (About 1 minute)
4. Remove from heat and serve with broiled pork medallions.

Nutrition Facts

Serving Size: One pork medallion and 1/4 recipe greens

Calories	430
Total Fat	21 g
Saturated Fat	4 g
Cholesterol	80mg
Sodium	258mg
Carbohydrate	34g
Dietary Fiber	6g
Protein	31g

Diabetic Exchanges

Protein	4
Carbohydrate	2
Fat	4