

## **Pork Tenderloin**

### **6 Servings**

#### **Ingredients:**

1 1/2 lbs. pork tenderloin, trimmed of visible fat  
1/4 tsp. salt (optional)  
1/8 tsp. pepper  
1 1/2 tbsp. all-purpose flour  
1 tbsp. canola oil  
1 1/2 tbsp. cornstarch  
1/4 cup cold water  
1 1/2 cups skim milk  
1/4 tsp. salt (optional)

#### **Directions:**

1. Mix salt, pepper and flour in small dish. Coat tenderloins.
2. Heat frying pan and add oil.
3. Brown tenderloins in oil. Lower heat and simmer until centers are gray. Remove only meat from pan.
4. Dissolve cornstarch in water and add to milk. Add salt if desired.
5. Cook remaining pan mixture on medium heat until gravy is thick and bubbly. Use spatula to loosen browned flour from bottom of pan.

#### **Nutritional Facts:**

Calories: 195  
Carbohydrate: 6.5g  
Fat: 6g  
Sodium: 257mg  
Protein: 26g

Exchanges: 4 lean meats