

# Pork Tenderloin

*Yield: 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)

## INSTRUCTIONS

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.

## NOTES

Serving Size: 1/6 of recipe

Nutritional Facts per Serving:

Calories 195

Carbohydrate 6.5g

Fat 6g

Sodium 257mg

Protein 26g