



Broiled Pork Medallions with Wilted Summer Greens

Recipe Courtesy Chef Bryan Woolley

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 degree's.
4. Serves 4

Wilted Summer Greens

¼ cup raisins
1/3 cup almonds
1 large peach, peeled and diced into ½ 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 ¼ recipe greens

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

Diabetic Exchanges

Protein	4
Carbohydrate	2
Fat	4

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