

Pan Fried Pork Medallions with Creamy Wine Sauce

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Adapted from Bare Feet In The Kitchen

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f344a8e54ae43858a53b45>

- 1½ pounds pork tenderloin
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 2 tsp olive oil
- 1/3 cup white wine
- 1/2 tsp chicken bouillion
- 1/2 cup fat free half and half
- 1/2 tsp corn starch
- 1 dash paprika
- 2 tsp chopped fresh parsley

1. Slice the pork tenderloin into 1 inch medallions and lightly sprinkle each side with salt and pepper. Warm oil in a large skillet over medium-high heat. Add pork to skillet. Let the pork cook without touching it for 3 minutes.

2. Using a metal spatula, flip each piece and cover with lid and let cook 3 minutes. Transfer to a plate and cover with foil to keep warm
3. Add wine to skillet and scrape up brown bits of meat and deglaze the pan. Add the chicken base, whisk to combine and cook for about 2 minutes.
4. In a small cup, whisk the cornstarch and paprika into the half and half until smooth. Add the half and half to the skillet slowly and whisking until combined. Continue cooking over medium heat, stirring constantly until it thickens slightly, about 1 minute. Pour the sauce over the pork, sprinkle with parsley and serve

Main Course

Pork

pork tenderloin