



## **Broiled Pork Medallions with Wilted Summer Greens**

**Serves 4**

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.

### **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 Tbsp 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.

### **Nutritional Analysis**

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

### **Diabetic Exchanges:**

Protein	4
Carbohydrate	2
Fat	4