



Hoisin Pork Medallions

Recipe courtesy Chef Bran Woolley

1 Tbsp dark sesame oil
½ tsp crushed red pepper
2 large garlic cloves, minced
1 one-pound pork tenderloin cut into ½ inch slices
1/3 cup water
1/3 cup dry sherry
2 Tbsp fresh cilantro
3 Tbsp hoisin sauce
2 cups long grain brown rice, cooked without fat or salt
½ cup sliced green onions

1. Coat non-stick skillet with cooking spray; place over medium high heat. Add oil.
2. Saute pepper and garlic for 1 minute. Add pork, cooking about 4 minute on each side, or until browned.
3. Remove and wipe skillet with paper towel.
4. Add water and next 3 ingredients, cooking over medium heat for 1 minute. Add pork, turning to coat.
5. Serve over rice, sprinkling with green onion.
6. Serves 4

Nutrition Facts

Serving Size: 3 ounces pork, ½ cup rice

Calories: 320

Total Fat: 7 gm

Saturated Fat: 1.5 gm

Cholesterol: 75 mg

Sodium: 500 mg

Carbohydrates: 33 gm

Dietary Fiber: 3 gm

Protein: 27 gm

Diabetic Exchanges

Protein: 4

Fat: 1.4

Carbohydrates: 2