



Phyllo Wrapped Pork Medallions with Peach Salsa

Serves 6

2 cups peaches, peeled, pitted and chopped
1/2 cup chopped green onions
1/4 tsp. crushed red pepper flakes
1/4 tsp. salt
1/8 tsp. white pepper
1 Tbsp. chopped cilantro or Italian Parsley
1/4 cup finely chopped red bell pepper
1 Tbsp. lemon juice
6 (3/4" thick) pork medallions – about 3 oz. each
12 sheets of phyllo dough
Salt and pepper to taste

1. In a large bowl combine prepared peaches, green onions, red pepper flakes, salt, white pepper, cilantro or parsley, bell pepper and lemon juice. Toss to combine. Set aside until ready to use.
2. Salt and pepper each pork medallions to taste (or as directed by dietary needs.) Grill each side of the medallion for about 1 minute. Remove from grill and refrigerate to cool.
3. While medallions are cooling, use lightly spray each phyllo sheet with olive oil.
4. Place cooled pork medallion in the center of the phyllo sheet and bring the corners up around the medallion to form a satchel.
5. Tie a small piece of kitchen string around the satchel to hold it closed.
6. Place the phyllo wrapped medallions in a 450-degree oven for about 15 minutes to finish cooking.
7. Divide the peach salsa between 6 plates and place the salsa in the center of the plate.
8. Place each medallion on top of the peach salsa. Serve and Enjoy!

Nutritional Analysis

Serving Size: One medallion with salsa

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|---------------|-------|
| Calories | 310 |
| Fat | 9g |
| Saturated Fat | 3g |
| Cholesterol | 70mg |
| Sodium | 330mg |
| Carbohydrates | 26g |
| Dietary Fiber | 2g |
| Protein | 29g |

Diabetic Exchanges:

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|---------------|-----|
| Protein | 4 |
| Fat | 2 |
| Carbohydrates | 1.5 |