

Almond-Crusted Pork Medallions

Don't like Pork?
Use Turkey instead ☺

Ingredients:

1/3 cup Slivered Almonds, toasted
3 Tbsp. Panko Breadcrumbs
1.5 lb. Lean Pork Tenderloin, sliced into 1/2" medallions
1/2 tsp EA. Kosher Salt & Black Pepper, combined
2 Tbsp. EVOO

Gravy Ingredients:

1/4 cup Red Wine Vinegar
4 tsp. White Whole Wheat Flour
1 cup Low Sodium Chicken Broth
1 Tbsp. Unsalted Butter
1/4 cup Slivered Almonds, toasted
Pinch EA. Kosher Salt & White Pepper
1/2 Tbsp. Dried Parsley

Directions: Pre heat oven to 250°F. Line a baking sheet; set aside.

Step 1: Pulse 1/3 cup almonds in a mini processor or grinder until finely ground. Transfer to a shallow dish. Add panko and combine. Add pork medallions to coat both sides.

Step 2: Heat oil in a large skillet over med-high. When hot, add medallions in a single layer, not touching. Sear for at least 5 - 7 min. per side and no longer pink in the center of each medallion. Remove to prepared baking sheet and place into warm oven. Return skillet to medium-low heat (don't wipe down).

Step 3: To make gravy, whisk vinegar and flour together in skillet. Slowly add broth to deglaze bottom



of skillet, scraping up browned bits. Stir constantly to prevent lumps. Boil 1 min., then simmer to thicken into a smooth-creamy gravy. Stir in butter until melted, then add almonds, pinches salt, white pepper, and parsley.

Protein & Fat Portions:

2 Unit Portion:

2.4 oz. cooked-crustured pork medallions
1 1/2 Tbsp. gravy

3 Unit Portion:

3.6 oz. cooked-crustured pork medallions
2 Tbsp. gravy

4 Unit Portion:

4.8 oz. cooked-crustured pork medallions
2 1/2 Tbsp. gravy

5 Unit Portion:

6 oz. cooked-crustured pork medallions
3 Tbsp. gravy



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