



**PORK TENDERLOIN WITH
OLIVE-MUSTARD TAPENADE**

Advanced Lifestyle

Ingredients

1 (1 lb.) Pork tenderloin, trimmed and cut crosswise into 8 pieces
1/2 TSP salt
1/4 TSP black pepper
1/4 TSP ground fennel
Cooking spray
1/4 cup chopped pitted Kalamata olives
1/4 cup chopped pitted green olives
1 TBS fresh chopped parsley
1 TBS Dijon mustard
2 TSP balsamic vinegar
1/2 TSP bottled minced garlic

Instructions

1. Heat a large nonstick skillet over medium-high heat. Press pork pieces into 1/2 inch-thick medallions.
2. Combine salt, pepper and fennel. Rub evenly over pork.
3. Lightly coat pork with cooking spray.
4. Add pork to pan. Cook 4 minutes on each side or until done.
5. While pork cooks, combine Kalamata olives and remaining 5 ingredients. Serve olive mixture over pork.

Portion-Per-Serving Information: (Yields 4 servings):

Serving = 2 pork medallions + 2 TBS olive mixture = 1 P, 1 FT