



## **PORK TENDERLOIN w/OLIVE-MUSTARD TAPENADE**

**Final Lifestyle**

### **INGREDIENTS**

1 (1 lb.) Pork tenderloin, trimmed, 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**

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

**SERVING INFO:** (Yields 4 servings)

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