



Grilled Pork with Mustard Sauce

INGREDIENTS (serving size: 8, 3 medallions each)

- 2 pork tenderloins (16 ounces each), fat trimmed, and each sliced into 12 medallions

For Marinade:

- 1/3 cup reduced-sodium soy sauce
- 1 tablespoon vanilla extract
- 1/3 cup water
- 2 tablespoons packed brown sugar

For Mustard Sauce:

- 1/3 cup maple syrup
- 1/4 cup fat free half and half
- 2 tablespoons Dijon mustard
- 1/4 teaspoon salt

NUTRITION INFORMATION: 233 Calories; 7 grams Fat; 2 grams Saturated Fat; 80 mg Cholesterol; 311 mg Sodium; 11 grams Carbohydrates; 0 grams Fiber; 13 grams Sugar; 28 grams Protein

DIRECTIONS

1. Make the marinade in a small bowl by combining soy sauce, vanilla extract, water and brown sugar, stirring until sugar is dissolved. Place marinade and pork medallions in a large resealable plastic bag. Marinate at least 8 hours or overnight in the refrigerator.
2. Prepare the grill by spraying the cold grate with grilling spray and then turn grill to medium-high heat. If weather is not suitable for grilling grab a pan or cast-iron skillet and follow same steps.
3. Cook medallions approximately 20-30 minutes, turning every 5-10 minutes until medallions reach an internal temperature of 145. Remove from grill or pan and allow to rest for 5 minutes before serving.
4. To make the mustard sauce whisk together maple syrup, half-and-half, Dijon mustard and salt in a small pan. Heat over medium-low heat. Do not allow sauce to boil. Remove from heat and drizzle over medallions before serving.

Chef Note: A thin silver membrane is usually on one side of the tenderloin. It is very tough and should be removed before cooking. Slide a sharp knife under the silver and cut it away.