



## Pork Tenderloin with Olive-Mustard Tapenade

### INGREDIENTS:

- 1 (1 lb.) pork tenderloin, trimmed and cut crosswise into 8 pieces\*
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground fennel
- Cooking spray
- ¼ cup chopped pitted Kalamata olives
- ¼ cup chopped pitted green olives or onion-stuffed green olives
- 1 tablespoon fresh chopped parsley
- 1 tablespoon Dijon mustard
- 2 teaspoons balsamic vinegar
- ½ teaspoon minced garlic

### DIRECTIONS:

1. Heat a large nonstick skillet over medium-high heat. Press pork pieces into ½-inch thick medallions.
2. Combine salt, pepper and fennel; rub evenly over pork.
3. Lightly coat pork with cooking spray. Add pork to pan; cook 4 minutes on each side or until done.
4. While pork cooks, combine olives and remaining ingredients. Serve olive mixture over pork.

A little bit of this tapenade adds a lot of flavor. This quick entrée is great served with couscous and a tossed Greek salad with feta cheese.

\*To quickly flatten pork, press with the heel of your hand

**Source:** / **Yield:** 4 servings (2 pork medallions and 2 tablespoons olive mixture); 185 Calories per serving. Total fat 7g; Protein 25g; Total carbohydrate 2g; Dietary fiber 1g, Sodium 577mg