

Piccata Limone

½ lb (250 g)	pork tenderloin
¼ cup	flour
1 tbsp	oil
¼ cup	lemon juice
½ cup	beef broth, low sodium
1 tsp	lemon zest
½	lemon, sliced
¼ cup	fresh parsley, chopped
	freshly ground pepper

- Slice pork tenderloin into 4 pieces. Flatten each piece between two pieces of plastic wrap using the flat side of a tenderizer until ¼ inch thick.
- Dust flattened cutlets with a thin coat of flour.
- Add oil to nonstick fry pan and heat on medium.
- Sauté cutlets 2 minutes on each side.
- Add lemon juice, broth and wine. Cook for 5 minutes. Stir in lemon zest. Season with pepper.
- Garnish with fresh lemon slices and parsley.
- Makes 2 servings.