



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Pork with Apple Slaw

Serves 4

Ingredients

- 2 Granny Smith apples, cut into matchsticks, or grated
- 2 celery stalks, chopped
- 1 tablespoon fresh lemon juice
- ¼ cup sour cream
- ¼ cup flat leaf parsley, chopped
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup pine nuts, roasted
- 1 pork tenderloin (about 1 pound)
- ½ cup all purpose flour
- 2 eggs
- ¼ cup fresh flat-leaf (Italian) parsley
- 1 cup dry bread crumbs
- 2½ teaspoons kosher salt
- ½ teaspoon black pepper
- 4 tablespoons olive oil

Directions

1. In a large bowl, mix the apples, celery, lemon juice, soup cream, parsley, salt, pepper, and pine nuts. Stir to combine.
2. Slice the tenderloin into 8 pieces and pound until they are ¼ inch thick.
3. Place flour on a plate. In a shallow bowl, beat the eggs. Chop the parsley. In another bowl, mix the breadcrumbs, parsley, 1½t salt and ¼t pepper. Line up the flour, eggs and breadcrumb mixture.
4. Dip each cutlet in the flour, then the egg, then the breadcrumbs, being sure to coat all sides.
5. Heat 2T of olive oil in a large skillet over medium heat. Working in batches, cook the cutlets until golden and cooked through – 3 minutes a side. Transfer to a plate. Do the same thing for the remaining cutlets. Divide the pork among individual plates and top with the apple slaw.

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