



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Pork with Sautéed Spinach and Capers

Serves 4

Ingredients

- 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
- 5 tablespoons olive oil
- 1 pint whole grape tomatoes
- 2 tablespoons balsamic vinegar
- 4 cups baby spinach
- 2 tablespoons capers, drained and rinsed

Directions

1. Slice the tenderloin into 8 pieces and pound until they are ¼ inch thick.
2. 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.
3. Dip each cutlet in the flour, then the egg, then the breadcrumbs, being sure to coat all sides.
4. Heat 2T of olive oil in a large skillet over medium heat. Working in batches, cook the cutlets until golden and cooked through – 2 minutes a side. Transfer to a plate. Do the same thing for the remaining cutlets. Wipe out skillet.
5. Heat remaining 1T olive oil over medium heat. Add tomatoes to the skillet with vinegar, and remaining salt and pepper. Cook for 4 minutes. Add in spinach and capers and continue cooking until spinach wilts – about 1 minute.

6. Divide the pork among individual plates and top with the spinach mixture. Serve with couscous or quinoa.

© 2009 Cornell Health and Nutrition