

Warm Up With A Hearty And Wholesome Pork Dinner

(NAPSA)—For a quick yet satisfying weeknight dinner that can be cooked stovetop, try the Pork Tenderloin with Balsamic Olive Oil Sauce. A simple rub of olive oil, salt and pepper infuses the meat with flavor while the olive oil also seals in the natural juices to ensure tender results. Topped with a savory sauce, it's a great way to quickly turn any weeknight dinner into a gourmet feast.

Pork tenderloin is too little to be treated like a roast and too large to be treated like a steak. Butterflying the tenderloin lengthwise, however, makes it possible to quickly cook this cut stovetop. If the tenderloin is too long for the pan, simply cut off the thin tail end and cook it in the skillet alongside the main piece.



Heart-healthy olive oil can provide a golden opportunity for improving your family meals.

Pork Tenderloin With Balsamic Olive Oil Sauce

Prep Time: 5 minutes

Cook Time: 22 to 27 minutes

- 2 small pork tenderloins (about 12 oz. each), patted dry and sliced lengthwise almost all the way through, then opened up**
- 3 tablespoons olive oil**
- Salt and ground black pepper**



Tasty tenderloins of pork are fast and easy to prepare.

- ¼ cup balsamic vinegar**
- ¼ cup chicken broth**
- 1 tablespoon extra virgin olive oil**

Pour olive oil into a shallow pan. Dip each side of each tenderloin in the oil to completely coat, then sprinkle each side with salt and pepper.

Heat a 12-inch, heavy-bottomed, nonstick skillet over medium-high heat. Add tenderloins. Cook until pork develops a thick, golden-brown crust, about 5 minutes. Turn pork and cook until remaining side develops the same crust, about 5 minutes longer. Remove pork from heat and let stand while making sauce.

Add vinegar and chicken broth to the skillet; boil until reduced to ¼ cup, about 1 to 2 minutes. Whisk in extra virgin olive oil. To serve, slice tenderloins in half lengthwise and then into 1-inch slices. Serve with sauce.

6 servings; about 4 oz. each.

For recipes and cooking tips using heart-healthy olive oil, visit www.aboutoliveoil.org.