

# Cornmeal Crusted Pork

*\$1.92/Serving*

## *Ingredients*

- 1/2 cup yellow cornmeal
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 egg, lightly beaten
- 1 tablespoon water
- 1 pound pork tenderloin, cut in 1/2-inch thick slices
- 2 tablespoons olive oil or cooking oil
- 12 ounces fresh green beans
- 2 medium zucchini and/or yellow summer squash, thinly bias-sliced
- 2 tablespoons fresh oregano leaves



## *Directions*

1. In a shallow dish, combine cornmeal, salt, and pepper. In another shallow dish, combine egg and water. Dip pork in egg mixture and then in cornmeal mixture to coat.
2. Heat oil in a very large skillet over medium-high heat. Add pork and cook 2 minutes per side or until no pink remains. Remove to serving platter. Add beans and zucchini to skillet; cook and stir 6 to 8 minutes or until crisp-tender. Add salt and pepper to taste; toss. Serve alongside pork. Sprinkle with oregano leaves. Makes 4 servings.

## *Nutrition Facts*

Per serving:

310 kcal cal.	3 g sat. fat	7 g monounsaturated fat	385 mg sodium,
13 g fat	2 g polyunsaturated fat	127 mg chol.	21 g carb.
5 g fiber	3 g sugar	29 g protein	