

EASY PORK TENDERLOIN MEDALLIONS

PREP TIME: 25 MINUTES

SERVINGS: 3-4

INGREDIENTS

- 1 Pork Tenderloin (1 lb), trimmed of fat
- 1/2 Cup Italian Seasoned Breadcrumbs
- 3 Tablespoons grated Parmesan Cheese
- 2 Eggs, Beaten
- Non-Stick Cooking Spray, or Cooking Oil of your choice

DIRECTIONS

- Pre-heat oven to 425 Degrees Farenheit.
- Spray a baking sheet with non-stick cooking spray. (Optional: line baking sheet with aluminum foil first for easy clean-up)
- Cut Pork Tenderloin in 8 to 12 slices (based on size), and Flatten Slices to 1/4 inch thickness.
- Place eggs in a shallow bowl, and beat with a fork until smooth.
- Combine breadcrumbs and Parmesan cheese in another shallow bowl.
- Dip pork slices in egg and let excess drip off, then roll in bread crumb mixture and shake off excess.
- Place breaded slices on baking sheet coated with cooking spray. Lightly spray the top of the pork slices with non-stick spray or cooking oil (this will brown the breading while baking).
- Bake uncovered in 425 degree Farenheit oven for 5 to 6 minutes on each side.

Enjoy!

