



FRESH PORK PAIRINGS

Want to round out your fresh pork dinner? Add a carbohydrate, such as rice or potatoes, and a vegetable for a complete meal.



BUTTERY CITRUS FRESH PORK

INGREDIENTS

1 Smithfield® Roasted Garlic & Herb Pork Tenderloin
1 tablespoon finely chopped fresh parsley

1 tablespoon olive oil
¼ cup butter
½ medium lemon

INSTRUCTIONS

1. Heat oil in nonstick skillet over medium heat. Add tenderloin to skillet; cook 5 minutes, turn and cook 5 minutes. Reduce heat to medium-low; cover and cook 7 minutes per side until internal temperature reaches 145°F. to 160°F. Remove pork from skillet and place on cutting board. Let stand 5 minutes. 2. While pork rests, add butter to the same skillet and melt over medium-low heat, scraping bottom and sides. Remove from heat, squeeze lemon into the skillet and whisk until well balanced. 3. Cut tenderloin into thin slices; serve with lemon butter spooned over slices and sprinkled with parsley. Makes: 4 servings

PAIR IT WITH



whole wheat roll



Fresh steamed green beans.

Nutrition Information per Serving: Calories: 166, Calories from Fat: 60, Total Fat: 7g, Sat Fat: 3g, Trans Fat: 0g, Cholesterol: 70mg, Sodium: 496mg, Total Carbohydrate: 5 g, Dietary Fiber: 0g, Sugars: 1g, Protein: 20 g. Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

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