

Lemon Pork Scaloppini

1 pound Pork Tenderloin
3 tablespoons flour
1/4 teaspoon salt
1/4 teaspoon pepper
vegetable cooking spray
2 teaspoons olive oil - divided
3 tablespoons lemon juice
2 tablespoons water
1 teaspoon capers
1/4 cup fresh parsley - minced

Trim fat from tenderloin. Cut tenderloin into 1/2 inch thick slices; place slices between 2 sheets of heavy-duty plastic wrap and pound to 1/4 inch thickness, using a meat mallet or rolling pin. Combine flour, salt and pepper in a large heavy-duty, zip-top plastic bag, add pork slices. Seal bag, and shake until pork is coated. Coat a large nonstick skillet with cooking spray and add 1 teaspoon oil, and place over medium-high heat until hot. Add half of pork slices, cook 2 minutes on each side or until browned. Transfer to a serving plate, keep warm. Repeat procedure with remaining 1 teaspoon oil and pork slices. Remove skillet from heat. Add lemon juice, water and caper to skillet, bring just to a boil. Pour mixture over pork slices, sprinkle with parsley. Serving Size : 4 | 4 points per serving.

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