

Pork Tenderloin Diane

1 pound pork tenderloin - cut into 8 crosswise pieces

2 teaspoons lemon pepper

1 tablespoon butter

1 tablespoon lemon juice

1 tablespoon Worcestershire sauce

1 teaspoon Dijon mustard

1 tablespoon minced fresh chives or parsley

Place each piece of tenderloin between 2 pieces of plastic wrap. Flatten slightly with heel of hand. Sprinkle surfaces of medallions with lemon pepper. Heat butter in heavy skillet, cook tenderloin medallions 3-4 minutes on each side. Remove medallions to serving platter, keep warm. Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, stirring with pan juices, until heated through. Pour sauce over medallions, sprinkle with chives or parsley and serve.

Serves 4 with 5 Weight Watcher points per serving

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