



### **Pork Medallions with Blueberry Sauce**

Serves 4, prep time 8 minutes, cook time 10 minutes

2 tbs flour  
1/4 tsp freshly ground pepper  
1/2 tsp salt  
4 (4 ounce) boneless pork chops about 1/2 inch thick, well trimmed  
2 tbs olive oil  
1/2 cup chopped onion  
1 cup blueberry juice  
1/2 cup reduced sodium chicken broth  
2 tbs ketchup  
2 tbs balsamic vinegar  
1 1/2 cup blueberries  
1/4 cup chopped basil

In a shallow bowl combine flour, salt and pepper. Lightly cover both sides of pork in flour mixture; reserve the unused flour. In a large heavy skillet heat 1 tbs oil until hot, not smoking over medium-high heat. Add pork and pan-fry one side until golden, about 2 minutes. Turn pork over, reduce heat to medium, and pan fry until golden, about 1 to 2 minutes. Remove pork and place on plate. Pour remaining oil into pan. Add chopped onion and cook on medium heat, stirring until it begins to brown, about 1 minute. Add reserved flour and cook while stirring until mixture is dry, about 10 seconds. Add blueberry juice, broth, ketchup, and vinegar and cook uncovered until sauce just begins to thicken, about 2 minutes. Return pork (and juices that have accumulated on plate) to skillet. Add blueberries and basil, reduce heat to medium-low, cover and cook 1 minute. Turn pork over and cook until it is no longer pink in the center, the blueberries are slightly soft and the sauce has thickened about 1 minute.

Nutrition source per serving: (4 ounces pork, 1/2 cup sauce)  
326 calories, 14 g fat (40% of calories) 4 g saturated fat, 22 g carbs,  
26 g protein, 2 g fiber, 26  
mg calcium, 1 mg iron, 487 mg sodium

*Source: Shape, July 2007, Volume 26 number 11*