

Passionate For Pork Tenderloin: Delicious And Heart-Healthy

Family Features

Tender and delicious pork tenderloin now has an additional benefit; it has been deemed heart-healthy! Recently certified by the American Heart Association, pork tenderloin now bears the iconic Heart-Check mark, making it easier than ever to spot this extra lean protein when navigating grocery aisles.

Maintaining a healthy diet is an important part of cardiovascular health and eating heart-healthy foods may help reduce risk factors associated with heart disease, stroke and more. Naturally low in sodium and delicious, pork tenderloin is a flavorful solution for those who want to take care of their heart without neglecting their taste buds.

Nutritious: Pork packs nutrients in every lean serving. A 3-ounce portion of pork tenderloin is an "excellent" source of

protein, thiamin, vitamin B6, phosphorous and niacin, and a "good" source of potassium, riboflavin and zinc, yet contributes only 6 percent of calories to a 2,000-calorie diet.

Leaner than ever: On average, the most common cuts of pork have 16 percent less total fat and 27 percent less saturated fat than 21 years ago. Ounce for ounce, pork tenderloin is as lean as a skinless chicken breast. Choose cuts of pork that come from the loin - including chops and roasts - and 96 percent lean ground pork, for the leanest cuts of pork available.

If you're looking to incorporate more heart-healthy foods into your diet without sacrificing flavor, rest assured tenderloin recipes, like Sautéed Pork Medallions with Lemon-Garlic Sauce, will do the trick.

For more information and recipes to enjoy today's lean and flavorful pork, visit



http://www.PorkBeInspired.com or www.Facebook.com/PorkBeInspired.

Sautéed Pork Medallions with Lemon-Garlic Sauce

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

INGREDIENTS

- 1 pork tenderloin (1 pound), trimmed
1/4 teaspoon salt, divided
1/4 teaspoon plus 1/8 teaspoon black pepper, divided
2 teaspoons olive oil, divided
2 cloves garlic, minced
1/2 cup dry white wine (or

non-alcoholic, substitute low-sodium chicken broth)
1/2 cup low-sodium chicken broth
Grated zest and 1 tablespoon juice from 1 lemon
1 tablespoon chopped fresh parsley or 1 1/2 teaspoons chopped fresh sage or rosemary\*

DIRECTIONS

Cut pork into 12 slices, about 1-inch thick. Sprinkle pork on all sides with 1/8 teaspoon of the salt and 1/4 teaspoon of the pepper. Heat 1 teaspoon of the oil in a large heavy skillet over medium-high heat. Add the pork and cook, turning once, until the pork is well browned and internal temperature reaches 145°F, about 1 1/2 minutes on each side. Transfer pork to serving platter and cover to keep warm.

Add the remaining 1 teaspoon oil to skillet. Add garlic and cook, stirring constantly, until garlic is fragrant, about 30 seconds. Add

the wine and broth. Increase heat to high and cook, stirring to scrape up the browned bits from the bottom of the skillet, until the liquid is reduced by two thirds, about 5 minutes.

Remove the skillet from the heat and stir in the remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, the lemon zest and juice, and the parsley. Serve the pork medallions drizzled with the sauce (makes a generous 1/3 cup; about 1 1/2 tablespoons per serving).

\*To substitute fresh herbs with dried herbs, use 1 1/2 teaspoons dried parsley or 3/4 teaspoon dried sage, or 3/4 teaspoon dried rosemary

Serving Suggestion:
Serve the pork with whole wheat linguine or brown jasmine rice to soak up all the delicious lemon sauce. Steamed broccoli rabe or spinach would make a terrific accompaniment.

MAKES 4 SERVINGS

Opt-Out

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it a democracy."

Mike Dellinger, who serves as president of YAPG and the executive director of the Chamber, said that there is much stronger consensus among the members of both organizations in regard to this opt-out versus last May's failed 10-year opt-out proposal.

Because many members of both organizations were either hesitant to support or not supportive of the previous attempt, he said they adhered to the old adage of "unless you have something good to say, say nothing at all."

The prevailing attitudes are much different this time, according to Dellinger.

"By making the statement the Chamber and YAPG are making, they are basically telling the community that they have a lot of confidence in the next couple of years, and they feel they can make this additional investment because our economy can cover the costs, knowing there is an important return on the back end.

Two years ago, we probably couldn't have made this commitment because the economy was terrible. But these next two years, these leading businesses are suggesting they can afford to do this."

Stephenson said he wanted to counteract some of the naysaying about the opt-out and encourage people to delve into the issues around school funding on their own.

"Throwing some darts at folks isn't going to help much," he said. "What is the real situation? I don't care if you like (Yankton School Superintendent) Joe Gertsema or not. That's irrelevant. If you're upset about the buildings the school district built, that's no good now. If we all disagreed with that, maybe we should have been paying more attention four years ago. That's over and done. Voting 'no' doesn't change any of that."

Stephenson said school officials were good about meeting with members of the community before proposing the current opt-out and incorporating their suggestions.

"I'd like to think we're all in this together," added Dybsetter. "The majority of the population in Yankton wants good things to happen. But you need to do it with your eyes wide open. The school board and the administration have looked at these numbers and tweaked them how many different times. They're able to narrow it down into something that is understandable for all of us. They've made it simple for us. If people have questions, I encourage them to visit the school district website to get the facts."

Robert

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Robert has said he would not appeal his conviction or sentence. Because he has given up that right, the state Supreme Court appointed Randal Connelly of Rapid City to submit amicus curiae briefs and oral arguments on whether the death sentence was proper in the case.

Connelly said he would act as an independent entity while reviewing the case, noting he wouldn't meet with Robert unless a meeting is requested and court authorized.

"I'm really neither the accused's lawyer nor the government's lawyer. I'm providing it just as informative input from a disinterested party," he said.

Jackley said the high court would examine three issues during its review: whether the sentence was imposed under passion, prejudice or another improper factor; if evidence supports the judge's finding of a statutory aggravating circumstance; and whether the sentence is excessive or disproportionate compared to similar cases.

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