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Almond-Crusted Pork with Honey-Mustard Dipping Sauce

Makes 4 servings. Recipe adapted from AARP.

Pork Ingredients

- 1 cup coarse dry breadcrumbs, preferably Panko
- 1/2 cup sliced almonds
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 large egg white, beaten
- 1 pound pork tenderloin, trimmed and cut diagonally into 1/2-inch-thick slices

Dipping Sauce

- 1/4 cup honey
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons Dijon mustard

Nutritional info per serving

Calories:	299
Total fat:	7g
Cholesterol:	74mg
Sodium:	487mg
Total Carbs:	30g
Dietary Fiber:	3g
Protein:	29g
Potassium:	562mg

Directions

1. Preheat oven to 425°F. Set a wire rack on a baking sheet and coat it with cooking spray.
2. Place breadcrumbs, almonds, garlic powder, salt and pepper in a food processor; pulse until the almonds are coarsely chopped. Transfer the mixture to a shallow dish.
3. Place egg white in another shallow dish. Dip both sides of each pork slice in egg white, then evenly coat with the almond mixture. (Discard any remaining egg white and almond mixture.) Place the pork on the prepared rack and coat on both sides with cooking spray.
4. Bake the pork until golden brown and no longer pink in the center, 16 to 18 minutes.
5. Meanwhile, whisk honey, soy sauce and mustard in a small bowl. Serve the pork with the honey-mustard sauce.