
PARMESAN PORK TENDERLOIN

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| 3 tablespoons Italian-seasoned breadcrumbs (store-bought) | 1 (1-pound) pork tenderloin, cut into 1-inch-thick slices |
| 1 tablespoon grated Parmesan cheese | 1 small onion, chopped |
| 1 teaspoon salt | 1 clove garlic, minced |
| 1/8 teaspoon pepper | 2 tablespoons vegetable oil |

Combine first 4 ingredients; stir well, and set aside.

Place pork between two sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness, using a meat mallet or rolling pin.

Dredge pork in breadcrumb mixture, coating well. Cook pork, onion, and garlic in hot oil in a large skillet over medium heat about 10 minutes or until pork is done, turning once. Yield: 4 servings.