

# Low-Point Pork Scaloppine with Dijon Cream Sauce

## Ingredients:

- 1, 1-pound extra lean pork tenderloin, sliced into 12 thin pieces and pounded to 1/4 or 1/2-inch thickness
- 1/4 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 Tbs canola oil
- 1/4 cups minced shallots
- 2 tsp. minced garlic
- 1/2 cup chicken stock
- 1 Tbs Dijon mustard
- 3 Tbs nonfat green yogurt or fat-free sour cream
- fresh parsley for garnish

In a large skillet, heat canola oil over medium-high heat. Sprinkle pork with salt and pepper. Add pork cutlets (6 at a time) to skillet and cook for 2 minutes on each side. Remove from skillet and keep warm. Using the same skillet, add shallots and garlic to pan and cook for 2 minutes, stirring frequently. Add stock and mustard, stirring occasionally for 1 minute. Stir in greek yogurt or sour cream and cook for a minute, stirring or whisking constantly. Serve pork with sauce and sprinkle with parsley.

Total servings - 12

Serving size - 3

Points per serving - 4

Points plus per serving - 4

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Be stubborn about your goals, but flexible about your methods."***  
**- Anonymous**