

Pork Marsala with Polenta

Total: 35 min. Active: 35 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 420. Total Fat: 18g. Carbs: 30g. Protein: 36g.

Ingredients

- 14 oz. tube polenta, cut into 12 rounds
- 1/4 cup extra virgin olive-oil
- salt and pepper
- 1 pork tenderloin, trimmed and cut on an angle into 1/2-in. slices
- 1 lb. cremini mushrooms, sliced
- 3 cloves garlic, 2 slices & 1 minced
- 1 shallot, sliced
- 1 tbsp all-purpose flour
- 1 cup low-sodium chicken broth
- 2/3 cup Marsala wine
- 1/2 tsp grated orange zest, plus 1 tsp orange juice
- 3 tbsp finely chopped fresh parsley

Directions

Preheat the broiler. Lay the polenta slices on a baking sheet and brush the tops with 1 tablespoon olive oil; season generously with salt and pepper. Broil until browned around the edges and crisp, 12 to 14 minutes.

Meanwhile, season the pork with salt and pepper. Heat a large nonstick skillet over medium-high heat and add 1 tablespoon olive oil. Add the pork and cook until browned, about 2 minutes per side; remove to a plate.



Add the remaining 2 tablespoons olive oil, the mushrooms, sliced garlic, shallot and 1/2 teaspoon salt. Cook, stirring occasionally, until the mushrooms brown in spots, 6 to 8 minutes. Sprinkle with the flour and cook, stirring, about 30 seconds. Add the chicken broth and wine; bring to a simmer and cook until the sauce thickens, about 5 minutes.

Return the pork and any juices to the skillet. Cook over low heat until the pork is cooked through, 1 to 2 minutes. Stir in the orange juice and season with salt and pepper. Combine the orange zest, parsley and minced garlic in a small bowl. Divide the polenta among plates. Top with the pork, mushroom sauce and parsley mixture.