Herbed Pork Medallions with Sage-Apple Compote

FOR THE PORK:
2 tablespoons (15 g) whole-grain flour
1/2 teaspoon garlic powder
1/4 teaspoon salt
Freshly ground black pepper
2 teaspoons (4 g) Italian herb seasoning
1 pork tenderloin (about 1 1/4 pounds, or 570 g), sliced crosswise into 3/4-inch (2 cm)-thick medallions
2 tablespoons (28 ml) high-heat oil like avocado, rice bran, or canola oil

FOR THE COMPOTE:
1/2 small red onion, diced 1/4 inch, or 6 mm (about 1/2 cup, or 80 g)
1 Granny Smith apple, peeled, cored, diced 1/4 inch (6 mm)
1 celery stalk, diced 1/4 inch, or 6 mm (about 1/2 cup, or 60 g)
1 1/2 teaspoons (7.5 ml) apple cider vinegar
1/2 cup (120 ml) dry white wine, such as Chardonnay (or chicken broth)
1/4 teaspoon ground sage
1/4 teaspoon ground ginger
1/4 teaspoon Italian herb seasoning
1 tablespoon (14 g) butter
1/4 teaspoon salt
Freshly ground black pepper
2 tablespoons (2 g) inner yellow celery leaves to garnish

TO MAKE THE PORK: Stir together flour, garlic powder, salt, pepper, and Italian seasoning in a shallow dish. Arrange the pork flat on a cutting board, pound it with a mallet to 1/2-inch (1.3 cm) thickness, and coat it in the seasoned flour on all sides. Heat a large skillet over medium heat and pour in 1 tablespoon (15 ml) of oil. When oil begins to shimmer, add pork in a single layer; you may need to divide the pork into 2 batches to avoid overcrowding the pan. Brown the pork on one side for 2 to 3 minutes; then turn to brown on the other side. Move the pork to a plate; using a wooden spoon, scrape the brown bits from the bottom of the pan and add them to the measured wine. Put the additional 2 teaspoons (10 ml) of oil into the pan and brown the remaining pork. Transfer the pork to the plate.

TO MAKE THE COMPOTE: Reduce heat to low and add onion, apple, celery, and vinegar and lightly sauté for 4 minutes to release the juices, using a wooden spoon to scrape the brown bits up from the bottom of the skillet. Add wine, sage, ginger, and Italian seasoning and cook over medium until the liquid has almost completely evaporated, about 6 minutes. Remove the skillet from the heat and swirl in butter, salt, and pepper. Spoon the compote onto plates and arrange pork slices on top. Sprinkle celery leaves on top of the pork.
RECIP NOTE
Instead of discarding leaves from produce, use those that are edible as flavorful garnishes, as in this dish. Fresh fennel leaves pair well with salads and fish, and sautéed beet greens make a tasty side dish.

TOTAL PREP AND COOK TIME: 30 MINUTES • YIELD: 4 SERVINGS, 3 MEDALLIONS EACH (WITH 1/4 CUP [APPROX. 76 G] COMPOTE)

PER SERVING: 274 CALORIES; 12 G TOTAL FAT; 3 G SATURATED FAT; 21 G PROTEIN; 18 G CARBOHYDRATE; 2 G DIETARY FIBER; 59 MG CHOLESTEROL.

By Michelle Dudash, RDN, author of *Clean Eating for Busy Families, revised & expanded*