

# Italian Pork Tenderloin



Fresh sage, sun-dried tomatoes, prosciutto, and cream give this pork tenderloin dish its rich flavor. It's absolutely wonderful and simple! Chopped ham can be used if prosciutto is unavailable.

**Prep:** 15 mins

**Cook:** 35 mins

**Total:** 50 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

2 tablespoons olive oil  
¼ cup chopped prosciutto  
2 tablespoons chopped fresh sage  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped oil-packed sun-dried tomatoes  
¼ cup chopped onion  
1 ½ pounds pork tenderloin, cut into 1/2 inch strips  
½ cup chicken broth  
½ cup heavy cream  
¼ teaspoon salt  
½ teaspoon ground black pepper

## Directions

### Step 1

Heat the oil in a skillet over medium-high heat. Saute the prosciutto, sage, parsley, sun-dried tomatoes, and onion 5 minutes, until onion is tender. Mix the pork strips into the skillet, and brown about 10 minutes, turning once.

### Step 2

Stir the broth and heavy cream into the skillet, and season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 20 minutes, stirring occasionally, until pork reaches a minimum temperature of 145 degrees F (63 degrees C) and sauce is thickened.

## Nutrition Facts

**Per Serving:** 356 calories; protein 28.9g; carbohydrates 3.1g; fat 25g; cholesterol 121.8mg; sodium 390.3mg.