



Pan Seared Pork Tenderloins

2 pork tenderloins

Dried oregano leaves

1/4 cup chicken stock

2 tablespoons Balsamic vinegar

1 tablespoon Worcestershire Sauce

Salt & Pepper

Olive oil

- Heat a large skillet with olive oil. Generously season the pork with salt and pepper. Crust it with oregano leaves. Place the pork in the pan when it is hot. Cook one side until browned and flip over. Continue doing this four or five times.
- Mix the stock with the Worcestershire and the vinegar. Pour over the pork a tablespoon at a time, scraping the bottom of the pan. Add the liquid gradually until it is mostly evaporated and thickened.
- Remove the pork from the pan and cut into medallions and return to the pan.
- Cook for two minutes and flip. Cook for another two minutes. Serve with the roasted squash and sweet potatoes and a green salad.