



PORK TENDERLOIN SANDWICH

50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 pork tenderloin (1 pound), cut into 4 (approximately 4 ounce pieces)
- ★ ¼ cup all-purpose flour
- ★ ¼ teaspoon kosher salt
- ★ Freshly ground black pepper, to taste
- ★ 1 teaspoon garlic powder
- ★ 2 large egg whites
- ★ ¾ sleeve whole wheat saltines, 30 crackers, crushed somewhat finely
- ★ 5 tablespoons avocado oil, divided, plus more for buns
- ★ 4 low-carb hamburger buns
- ★ ¼ head iceberg lettuce, shredded, 2 cups (8 ounces)
- ★ 1 beefsteak tomato, sliced into rounds, (8 ounces)
- ★ 1 small red onion, sliced thin, into rounds, (5 ounces)
- ★ Dill pickle chips, for serving
- ★ 2 tablespoons plus 2 teaspoons low-fat mayonnaise, for serving (divided)
- ★ Yellow mustard, for serving

DIRECTIONS

Start by pounding out the 4 pieces of pork tenderloin in between two pieces of plastic wrap with the smooth side of a meat mallet, until thin (approximately ¼ inch thick). Set aside.

Set up your dredging station, using 3 shallow dishes. In the first dish, combine flour, salt, pepper, and garlic powder. In a second dish, whisk egg whites and 2 teaspoons of water to loosen. Place cracker crumbs in the third dish.

Working with one cutlet at a time, dip each cutlet into the flour mixture coating both sides lightly, shaking off any excess flour. Dredge in egg whites, coating both sides thoroughly. Lastly, dip into the cracker crumbs to coat both sides. Repeat until all cutlets are coated.

Place a 10-inch cast iron pan on a grill and heat over medium-high. Add 2½ tablespoons of oil. When oil shimmers add two cutlets to the pan and cook, flipping once, until golden brown on both sides, about 5 minutes per side.

Transfer cutlets to a cooling rack set over a sheet pan to drain. Wipe pan with paper towel and continue with remaining oil and cutlets. Oil the cut sides of buns and toast on grill, 1 to 2 minutes.

Layer lettuce, tomato, onion, cutlets, and pickles on the bottom buns. Spread mayonnaise and mustard on top buns and serve immediately.

Serving Size and Nutritional Information:

Serves 4 (Serving Size = 343 g)
530 Calories Per Serving, **27 g** Total Fat,
44 g Total Carbohydrates, **38 g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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