

## Pork with Garlic Cream Sauce

1 pound pork tenderloin	2 teaspoons canola oil
2 tsp sesame seeds, toasted, divided	1 to 2 garlic cloves, minced
1 tablespoon butter or stick margarine	1/3 cup 1% milk
3 oz reduced-fat cream cheese, cubed	1 tablespoon minced chives

### Directions

Cut pork into 1" slices; flatten to 1/2" thickness. Place in a 15"x10"x1" baking dish coated with nonstick cooking spray. Brush oil over all sides of pork; sprinkle with half of the sesame seeds. Broil 4-6" from the heat for 3-5 minutes longer or until meat juices run clear. Meanwhile, in a saucepan, sauté garlic in butter for 1 minute. Stir in milk and cream cheese. Reduce heat; cook and stir until blended and smooth. Stir in chives. Serve with pork.

**Nutritional Facts per Serving** 3 oz cooked pork with 2 tablespoon sauce

Calories: 255, Carbohydrates: 3 g, Protein: 27 g

