



BROCCOLINI® baby broccoli & Pork Loin Baguettes

Servings

15

Calories

360

Prep Time

20 minutes

Total Time

55 minutes

Skill Level

Easy

Ingredients

1 bunch Mann's BROCCOLINI® baby broccoli (about 9 stalks)

1 (1 ½ pound) pork loin, center-cut

1 French Baguette Loaf

1 Cup Dijon Styled dressing



The Method

Grill or bake pork loin at 350°F ° for 35 minutes.

Remove from heat, wrap in heavy tin foil and let rest for 20 minutes. Then slice into 30 thin medallions and set aside.

Bring a pot of water to a full boil and blanch one bunch of Mann's BROCCOLINI® baby broccoli (about 9 stalks) for 30 seconds, so stalks are crisp-tender. Immediately submerge in ice water to stop the cooking process. Remove, and dry on a paper towel. Separate the heads from the stalk. You can use the stalks for another time or as part of a vegetable platter.

Toast the baguette slices on a grill for ½ minute on each side, then place on a serving platter. Top each baguette with a thin slice of the pork, a garnish of BROCCOLINI® baby broccoli and drizzle with Dijon-style dressing.

Makes 30 Appetizers 2 Per Serving

Nutrition Facts

Serving Size: 161g | Servings: 15

Amount Per Serving

Calories 360 | Calories from Fat 40 | Total Fat 4.5g (sat fat 1g trans fat 0g) | Cholesterol 25mg | Sodium 730mg | Total Carbohydrate 58g | Dietary Fibe 2g | Sugars 3g (Includes 0g Added Sigars) | Protein 19g | Vitamin A 2% | Vitamin C 10% | Calcium 2% | Iron 20%