

IOWA SKINNIES

SERVES 4

After the tenderloin is cut into pieces in step 1, each piece should weigh roughly 4 ounces.

- 1 (1-pound) pork tenderloin, trimmed
- Salt and pepper
- ~~3 slices hearty white sandwich bread,~~ *Gluten Free Panko*
- ~~1 head iceberg lettuce (2 1/4 ounces), shredded~~ *Almond Gluten Free Crackers*
- 24 ~~squares or 18 round saltines~~ *Almond Gluten Free Crackers*
- 1/2 cup all-purpose flour
- 2 large eggs
- 1/4 cup mayonnaise, plus extra for serving
- 1 cup vegetable oil
- 4 hamburger buns
- 1 head iceberg lettuce (2 1/4 ounces), shredded
- 1 tomato, cored and sliced

1. Adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet. Cut tenderloin in half. Cut each half in half again, cutting tapered tail piece slightly thicker than middle medallions. Cover pork pieces, cut side up, with plastic wrap and pound to 1/4-inch thickness with meat pounder. Pat cutlets dry with paper towels and season with salt and pepper.

2. Pulse bread and saltines in food processor to fine crumbs, about 12 pulses; transfer to shallow dish. Spread flour in second shallow dish. Whisk eggs and mayonnaise together in third shallow dish.

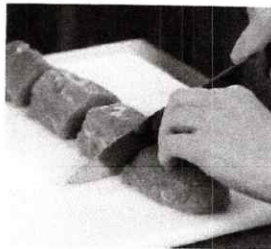
3. Working with 1 cutlet at a time, dredge cutlets in flour, dip in egg mixture, then coat with crumbs, pressing gently to adhere. Transfer cutlets to prepared wire rack and let dry for 5 minutes or refrigerate for up to 1 hour.

4. Heat 1/2 cup oil in 12-inch nonstick skillet over medium heat until shimmering. Working with 2 cutlets at a time, fry cutlets until deep golden brown and crisp, 2 to 3 minutes per side. Transfer to paper towel-lined plate and keep warm in oven. Discard oil, wipe out skillet, and repeat with remaining 1/2 cup oil and remaining 2 cutlets. Serve on hamburger buns with lettuce, tomato, and extra mayonnaise.

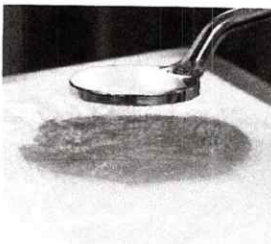
THE SKINNY ON PORK CUTLETS



1. Use paring knife to remove any silverskin or extraneous fat from tenderloin.



2. Cut trimmed tenderloin into 4 equal pieces.



3. Cover each piece of pork with plastic wrap and pound into 1/4-inch-thick cutlets.