Parmesan Crusted Pork Tederloin

Ingredients:

* Tenderloin (how ever many pieces you need to feed your family)
* (Amount varies) shredded parmesan cheese (not the kind you sprinkle on pizza)
* Olive oil

Directions:  
Warm (on medium heat) a frying pan with about a tablespoon of olive oil in it.  Pour the parmesan cheese in a shallow bowl, I use a pie pan.  Take the tenderloin and set it in the parmesan cheese and coat the tenderloin.  Some people use an egg mixture to put the tenderloin in first, but it is not necessary, so you can save calories by skipping that step.  I put the parmesan cheese on top and flip that part over into the pan so the cheese in on the bottom, then I sprinkle more parmesan cheese on top of the tenderloin once I get it in the pan.  Flip after about 5 minutes (depending on thickness), cook on the other side until done.  Be careful when you flip it so you don't lose all your cheese.