

## Pork

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# Five-Spice Pork and Apple Salad

Cooking Light

### Servings: 4

*Chinese five-spice powder is available in the spice section of the Asian/Ethnic food section of most supermarkets.*

**1 1-lb pork tenderloin**

**2 teaspoons chinese five-spice powder**

**1/2 teaspoon salt and pepper**

**1 sweet-tart apple (Fuji or similar)**

**1/4 red onion**

**3 tablespoons seasoned rice vinegar**

**2 tablespoons canola oil**

**12 cups (about 6 oz) mixed salad greens**

Preheat oven to 425 degrees.

Season tenderloin on all sides with 1 1/2 teaspoon of five-spice powder, salt and pepper. Place tenderloin in shallow pan; roast for about 20 minutes, or until internal temp reaches 160 degrees. Remove pork from oven, let rest 5 minutes.

While pork cooks, core and thinly slice apple. Thinly slice onion.

While pork rests, whisk together vinegar, oil and remaining 1/2 teaspoon of five-spice powder in a large bowl. Add salad greens, apple and onion. Toss and season with salt and pepper to taste. Arrange salad on plates or a platter.

Cut pork into thin slices. Arrange on top of salad and serve.

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Per Serving (excluding unknown items): 207 Calories; 11g Fat (47.4% calories from fat); 24g Protein; 2g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 242mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.