

Pork

Pork with Sweet and Spicy Apples

Integrated Marketing Services, Apopka, FL

Servings: 4

Preparation Time: 15 minutes

Cook time: 25 minutes

2 large apples, cored and sliced

3 tablespoons brown sugar, divided

2 teaspoons honey

3/4 teaspoon chipotle powder OR chili powder, divided

1 (1 pound) pork tenderloin

Preheat the oven to 400 degrees.

Coat a rimmed baking sheet with nonstick cooking spray.

In a medium bowl, combine the apples, one tablespoon of brown sugar, honey and 1/4 teaspoon of the chipotle powder. Mix well. Set aside.

In a small bowl, combine the remaining two tablespoons of brown sugar and 1/2 teaspoon of the chipotle powder. Rub evenly on the tenderloin to coat.

Place the pork on the baking sheet.

Arrange the apples around the pork, close to the pan edges.

Roast for 25 minutes or until an instant-read thermometer registers 145 degrees.

Remove the pork from the oven. Let stand for 5 minutes.

Slice the pork and serve with the apples.

Per Serving (excluding unknown items): 213 Calories; 4g Fat (17.4% calories from fat); 24g Protein; 20g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 60mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Fruit; 1/2 Other Carbohydrates.