

Pork Tenderloin with Apple Stuffing

(makes 4 servings)

Pork tenderloin:

1/4 cup Dijon mustard
1/4 tsp dried thyme
1/4 tsp ground black pepper
1 (1 lb) pork tenderloin, trimmed
1 tsp olive oil

Apple Stuffing:

1 tsp olive oil
1 small onion, chopped
1 pound (2 to 3 medium) Fuji apples, peeled, cored and diced
2/3 cup water
1 1/2 cup stuffing mix for chicken (in a canister)
1/4 cup (loosely packed) fresh parsley leaves, chopped

To prepare pork, combine first 3 ingredients in a large Ziploc bag. Add pork, seal and marinate in refrigerator 8 hours, turning bag occasionally.

Preheat oven to 400°F. Remove pork from bag, discarding marinade. Heat 1 tsp oil in a large ovenproof skillet over medium-high heat. Add pork and cook 4 minutes, browning on all sides. Place pan in oven; cook for 15 minutes, or until thermometer registers 155°F. Remove from oven, and let stand for 5 minutes before cutting into 1/4-inch slices. Keep warm.

In 12-inch nonstick skillet, heat oil over medium-high heat until hot. Add onion and cook 4 minutes or until onion begins to brown. Add apples and cook 4 minutes longer or until they begin to soften. Add water; heat to boiling over high heat. Stir in stuffing mix until evenly combined; cover skillet and remove from heat. Let stand 5 minutes.

To serve, with fork, fluff stuffing and stir in parsley. Serve with pork and cranberry sauce.

Nutrition information per serving: 300 calories, 6g fat (1g saturated fat), 3g dietary fiber, 27g protein, 450mg sodium. Good source of Iron and Vitamin C.

Homemade Cranberry Sauce

Serves 6

1 tsp cornstarch
3/4 cup Splenda® No Calorie Sweetener, Granulated
1 cup Orange Juice
1 (12 oz) bag of fresh or frozen cranberries

Combine cornstarch, Splenda®, and orange juice in a medium saucepan, stirring until Splenda® and cornstarch dissolve. Add cranberries and bring mixture to a boil, stirring constantly over medium-high heat. Reduce heat to a simmer, stirring often. Simmer for 5 to 10 minutes, or until cranberry skins begin to pop and mixture begins to thicken. Set aside to cool. Cover and chill at least 3 hours, or serve warm.

Nutrition Information per serving (1/4 cup): 50 calories, 2g dietary fiber, 1g protein. Excellent source of Vitamin C.

