



© Photo: Johnny Autry; Styling: Cindy Barr

SPICED PORK TENDERLOIN WITH SAUTEED APPLES

This one-dish pork tenderloin entree is perfect for fall. Sweet spices coat lean pork tenderloin while apples get a savory treatment with shallots and thyme. Serve with a spinach salad.



4 SERVINGS



20 MIN



3 PORK MEDALLIONS + 1/2 CUP
APPLE MIXTURE

INGREDIENTS

- 3/8 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces
- Cooking spray
- 2 tablespoons butter
- 2 cups thinly sliced unpeeled Braeburn or Gala apple
- 1/3 cup thinly sliced shallots
- 1/8 teaspoon salt
- 1/4 cup apple cider
- 1 teaspoon fresh thyme leaves

INSTRUCTIONS

1. Heat a large cast-iron skillet over medium-high heat. Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.
2. Melt butter in pan; swirl to coat. Add apple slices, 1/3 cup shallots, and 1/8 teaspoon salt; sauté 4 minutes or until apple starts to brown. Add apple cider to pan, and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves. Serve apple mixture with the pork.



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CALORIES 231

Fat	10g
Saturated fat	5g
Monounsaturated fat	3g
Polyunsaturated fat	1g
Protein	24g
Carbohydrate	11g
Fiber	2g
Sugars	7g
Cholesterol	89mg
Iron	9%
Sodium	354mg
Calcium	1%
Potassium	488mg
Vitamin A	4%
Vitamin C	7%

HP

LC

GF

LS

NUTRITIONAL INFO

BLUEPRINTS

WHILE PORK COOKS,
make sauteed apples.

CookingLight
DIET