

Spiced Pork Tenderloin with Sauted Apples

Makes: 4 Servings

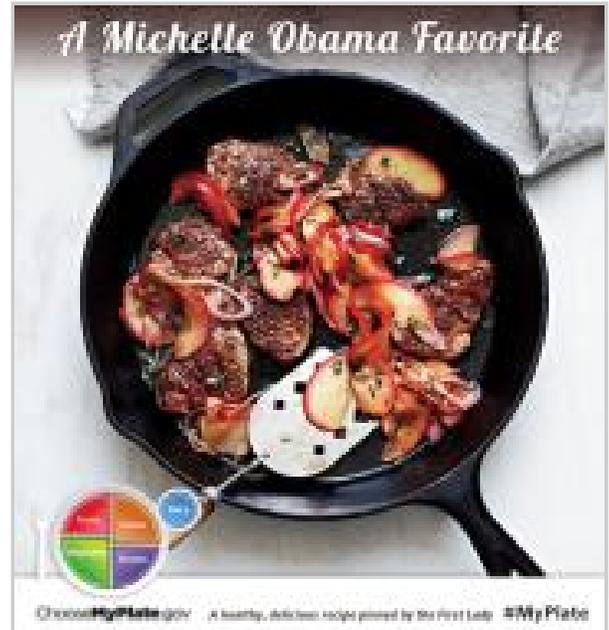
This one-dish pork tenderloin entree is perfect for fall. Sweet spices coat lean pork tenderloin, while apples get a savory treatment with shallots and thyme. Serve with a spinach salad.

Ingredients

- 3/8 teaspoon** salt
- 1/4 teaspoon** ground coriander
- 1/4 teaspoon** freshly ground black pepper
- 1/8 teaspoon** ground nutmeg
- 1 pound** pork tenderloin (trimmed and cut crosswise into 12 pieces)
- cooking spray
- 2 tablespoons** butter
- 2 cups** apples (thinly sliced and unpeeled)
- 1/3 cup** shallots (thinly sliced)
- 1/8 teaspoon** salt
- 1/4 cup** apple cider
- 1 teaspoon** fresh thyme leaves

Directions

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. Stir in thyme leaves. Serve apple mixture with the pork.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	234	
Total Fat	10 g	15%
Protein	24 g	
Carbohydrates	12 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	5 g	25%
Sodium	394 mg	16%

MyPlate Food Groups

Protein Foods	2 ounces
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