



Pecan-Crusted Pork Tenderloin With Apples and Onions

Makes 6 servings

Ingredients

1 tablespoon fresh sage (minced)
1 clove garlic (minced)
¼ teaspoon salt
Fresh ground black pepper to taste
5 teaspoons olive oil (divided use)

¼ cup chopped pecans
1 ½ pounds pork tenderloin
1 medium onion (sliced)
1 Braeburn apple (sliced into ½-inch-thick slices)

Instructions

1. Preheat oven to 425 degrees.
2. In a small bowl, combine sage, garlic, salt, pepper, 1 teaspoon olive oil and pecans. Mix well.
3. Pat pork tenderloin dry and brush with 2 tablespoons olive oil.
4. Top with a layer of pecan mixture and set aside.
5. In a large ovenproof skillet, sauté onion and apples in remaining 2 teaspoons olive oil over medium heat for about 5 minutes.
6. Then, move apples and onions to the sides of the pan and place the pork tenderloin in the center.
7. Move the pan to the preheated oven, and cook for 20-25 minutes, or until the internal temperature reaches 145 degrees.
8. To serve, cut pork into 12 equal slices and top with apple and onion mixture

Nutrition Facts

Serving size: 2 slices (about 4 ounces) and 3 tablespoons apple/onion mixture; calories per serving: 210; total fat: 10g; saturated fat: 2g; cholesterol: 60mg; sodium: 140mg; carbohydrates: 6g; fiber: 1g; protein: 23g; sugars: 4g

Source: www.diabetesfoodhub.com



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