



Roasted Pork with Apples

1/2 teaspoon sage, crushed
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1 pound pork tenderloin
1 tablespoon vegetable oil
1 medium red onion, cut into thin wedges
3 medium apples (Granny Smith or Jonathan work well), cored and cut into 1/2-inch thick wedges
2/3 cup 100% apple juice

In a small bowl, combine sage, salt, and pepper; rub on all sides of tenderloin. In a large skillet brown tenderloin in hot oil over medium heat, turning to brown all sides.

Transfer pork to a shallow roasting pan. Add onion to pan around pork. Roast, uncovered, at 425 degrees F for 10 minutes. Stir in apples; roast for 10 to 15 minutes more or until pork internal temperature reaches 160 degrees F.

Remove from oven, transfer to a serving platter and cover with foil. Let stand for 10 minutes and then slice.

In a small saucepan bring apple juice to a boil; simmer gently, uncovered, for 8 to 10 minutes or until reduced to 1/4 to 1/3 cup. Drizzle over meat and apple mixture prior to serving. Makes 4 servings.

Nutrition information per serving: 325 calories, 25 grams protein, 8 grams fat, 42 grams carbohydrate, 424 mg sodium.



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