



Apple and Sage Pork Tenderloin

16 oz pork tenderloin, trimmed
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon olive oil
1/4 cup finely chopped shallots
1 1/2 teaspoons chopped fresh sage
4 teaspoons sherry vinegar
1/2 cup unsalted chicken stock (Swanson's)
1/4 cup apple cider
1 teaspoon Dijon mustard
3/4 teaspoon cornstarch
1 tablespoon heavy whipping cream

Cut pork crosswise into 12 pieces. Sprinkle both sides of pork evenly with salt and pepper. Heat 2 teaspoons oil in a nonstick skillet over medium-high heat. Add pork; cook 3 minutes on each side or until done. Remove pork from pan; keep warm.

Add remaining oil, shallots, and chopped sage; cook 2 minutes. Stir in vinegar. Whisk broth, cider, mustard, and cornstarch. Add mixture to pan; bring to a boil. Reduce heat; cook 2 minutes, stirring constantly. Remove from heat. Stir in cream. Serve with pork. Makes 6 servings.

Nutrition information per serving: 142 calories, 19 grams protein, 6 grams fat, 1 gram carbohydrate, 258 mg sodium.

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