

Spiced Pork Tenderloin with Sautéed Apples 4 servings

Ingredients

3/8 teaspoon salt
1/4 teaspoon coriander
1/4 teaspoon black pepper
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1 pound pork tenderloin (unseasoned), trimmed and cut crosswise into 8-12 pieces
Cooking spray or oil
2 tablespoons butter
2 cups thinly sliced unpeeled apples
1/3 cup thinly sliced shallots or onions
1/8 teaspoon salt
1/4 cup apple cider or apple juice
1 teaspoon fresh or dried thyme leaves



Preparation

Heat large cast-iron skillet over medium heat.

Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray or oil. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.

Melt butter in pan; swirl to coat. Add apple slices, 1/3 cup onions/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.

Sautéed Asparagus (or Green Beans), Mushrooms & Garlic

Sautee sliced asparagus spears, mushrooms and garlic until tender in butter, cooking spray or oil. Season with salt & pepper.

Marinated Cherry Tomatoes

Halve cherry tomatoes.

Cover with balsamic vinaigrette dressing or mixture of olive oil, vinegar and herbs.