



Pork Tenderloin with Balsamic-Cranberry Sauce

Ingredients:

- 1 tbsp olive oil
- 1 8-10 oz. pork tenderloin
- ½ tbsp onion powder
- 1 tbsp chopped fresh rosemary
- 1 packet of Diet Right Chicken with Pasta Soup
- 1/2 cup Walden Farms Cranberry Spread
- 1 tbsp balsamic vinegar

Directions:

1. Preheat oven to 450° F.
2. Heat ½ tbsp olive oil in large ovenproof skillet over med-high heat.
3. Sprinkle pork with salt and pepper.
4. Sear pork on all sides, about 2 minutes.
5. Place skillet with pork in oven. Roast pork until thermometer inserted in center reaches 155° F, about 10 mins.
6. Meanwhile, heat remaining ½ tbsp of olive oil in medium skillet over med-high heat.
7. Add onion powder and rosemary. Let that heat up and then add bouillon, cranberry sauce and vinegar.
8. Whisk until cranberry spread melts, about 2 minutes.
9. Transfer pork to work surface. Scrape any juices from large skillet into cranberry mixture.
10. Boil until sauce has reduced enough to coat spoon thickly, about 6 minutes.
11. Season with salt and pepper.
12. Slice pork and serve with sauce on top.

Servings: makes 2 servings.

Each serving = 4-5 oz. lean protein, ½ protein product, 2 extras, daily healthy fat.

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