

healthy eating

SAVORY PORK TENDERLOIN IS GUILT-FREE TREAT



Healthy Dish
MICHELLE DUDASH

It's exciting when people realize that heart-healthy eating can taste delicious and even include such indulgent ingredients as pork. Pork tenderloin, in fact, is as lean as skinless chicken breast. (Full disclosure: I'm a spokeswoman for the National Pork Board.) February is American Heart Month, so what better time to work pork into your heart-healthy diet.

Michelle Dudash of Gilbert is a dietitian and Le Cordon Bleu-certified chef. Reach her at michelledudash.com.

Thyme-Roasted Pork Tenderloin with Balsamic Shallot Compote

Michelle Dudash

Compote:

- 1 tablespoon canola oil
- 2¾ cups ½-inch-thick sliced shallots (about 4 very large)
- 1 garlic clove, cut lengthwise into thin strips
- ½ cup 100 percent grape juice
- ¼ cup reduced-sodium or organic chicken broth
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- ¼ teaspoon dried herbes de Provence
- 1 pinch each salt and freshly ground black pepper

Pork:

- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon dried thyme
- 2 teaspoons canola oil
- 1 pork tenderloin (about 1¼ pounds), at room temperature for 30 minutes
- ¼ teaspoon garlic powder

Preheat oven to 400 degrees. For compote, heat large skillet on medium-low and add oil, then shallots to hot oil. Saute 5 minutes, stirring occasionally, but not browning. Add garlic and cook 10 minutes, reducing heat as needed. Pour in juice, broth, vinegar and honey, and simmer 40 minutes, until liquid thickens and almost evaporates. Stir in herbs, salt and pepper.

For pork, combine salt, pepper and thyme, and rub on all sides of meat. Heat large fry pan or skillet with oven-proof handle on medium-high and add oil. Once oil shimmers, carefully add pork to pan, folding thinnest end of meat under itself and pressing gently on the center to ensure even browning. Partially cover with lid or foil to speed cooking while allowing steam to escape. Cook pork 3 to 4 minutes until brown on one side, then turn and cook 2 to 3 minutes on each remaining side until completely browned.

Place in oven 20 to 30 minutes, just until firm when pressed in thickest section or inserted thermometer reads 145 degrees. Remove from oven, sprinkle with garlic powder and let rest 5 minutes. Slice at angle into ½-inch pieces. Serve with compote.

Prep time: 15 minutes.
Cook time: 50 minutes.
Servings: 4.



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Per serving: 282 calories, 10 g fat (2 g saturated, 0 trans), 661 mg sodium, 71 mg cholesterol, 22 g carbohydrate, 2 g fiber, 29 g protein.

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