

Fruit Stuffed Pork Tenderloin

Anthony Stingo
cooking for your health:

Servings: 6

Yield: 8 ounces

*2 pounds pork tenderloin, R-T-C,
sliced diagonally*
*1/2 pound Mushrooms, washed and
sliced*
1/3 cup onion, chopped
1/3 cup celery, chopped
1/2 cup apricots, dried, chopped
1/2 cup Apple, 1/4" dice
1/4 teaspoon kosher salt
1/4 teaspoon pepper
1 tablespoon Thyme, Ground
1/4 teaspoon Sage, Ground
1/4 cup White wine
1 1/2 tablespoons olive oil
1/2 teaspoon unsalted butter
*Great stuffing for Chicken or Pork
full body - 6*

Preparation Time: 30 minutes

Saute sliced mushrooms, onions, celery in oil & butter, until tender. Add apricots, apples and all spices. Fold together well, add wine and deglaze on high heat. Take off stove and allow to cool down until room temp. is reached.

Take tenderloin and remove sliverskin from meat. Butterfly and flatten with a meat Hammer.

Add stuffing on pork that is flaten fold the meatover the top, Use toothpicks or butchers twine to seal.

Brown on B.B.Q. all the way around, but do not over cook. (the Stuffing will marinate from the inside out) Place Pork on top shelf of B.B.Q. for about 20 minutes.

Per Serving (excluding unknown items): 277 Calories; 10g Fat (31.8% calories from fat); 34g Protein; 11g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 165mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.