

# Cranberry Balsamic Pork Tenderloin



*This sweet and tangy, festive pork dish is a great way to use an extra can of cranberry sauce leftover from the holidays.*

| YIELD<br>5 SERVINGS | PREP TIME<br>15 MIN | TOTAL TIME<br>50 MIN |
|---------------------|---------------------|----------------------|
|---------------------|---------------------|----------------------|

## CHEF'S NOTES

Pork Tenderloin is a very lean cut of pork making it a calorie friendly choice. This cooking method produces perfect results that are moist and tender. Pork should be cooked to an internal temperature of 145°F which will be very lightly pink in the center.

Pork tenderloins often come in packs of two, making them an easy option for serving a larger crowd. Simply double this recipe if you are using two tenderloins.

## INGREDIENTS

|        |                                     |
|--------|-------------------------------------|
| 1 each | Pork Tenderloin (about 1 ¼ lbs.)    |
| ¼ tsp  | Kosher Salt                         |
| ¼ tsp  | Black Pepper, ground                |
| 4 tsp  | Olive Oil                           |
| ½ each | Red Onion, diced                    |
| ½ cup  | Whole Berry Cranberry Sauce, canned |
| 1 each | Orange, zested and juiced           |
| 1 Tbsp | Rosemary, fresh, chopped            |
| 3 Tbsp | Balsamic Vinegar                    |

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F and line a 9" X 13" baking pan or casserole dish with foil.
2. Prepare the pork tenderloin: remove from the package and pat dry with paper towels. Using a chef's knife or boning knife, carefully remove any fat and silverskin (the silver-white colored, tough band of connective tissue running along the length of one side of the tenderloin). To remove: starting at one end of the tenderloin, slide tip of knife between the silverskin and the meat, then run knife horizontally down the length of tenderloin, pulling silverskin away at the same time, repeating as needed until fully removed.
3. Season the pork on all sides with the salt and pepper. Heat a large nonstick sauté pan over medium heat and once hot, add 2 tsp olive oil.
4. Place the tenderloin in the pan and sear on all sides, about 2-3 minutes per side. If the meat sticks to the pan when you try to turn it, allow it to cook a little longer. It should release naturally when it's ready to be flipped.
5. Once seared on all sides, remove the tenderloin to the prepared baking pan and set aside.
6. Add the remaining 2 tsp olive oil to the pan then the diced onion. Sauté until translucent, about 2-3 minutes. Add the garlic and sauté until fragrant, another 30 seconds – 1 minute.
7. Add the remaining ingredients and use a wooden spoon to scrape up any brown bits from the bottom of the pan. Cook until the cranberry mixture is slightly thickened, about 1-2 minutes.

8. Carefully pour the cranberry mixture over the pork. Transfer to the oven and bake until the pork reaches an internal temperature of 145°F in the center of the thickest part of the meat, about 15 – 20 minutes.
9. Allow the pork to rest for about 5 minutes then slice it into ¼ to ½ inch slices. If desired, cut on a bias (45° angle) for a nice presentation.
10. Serve with the cranberry sauce spooned over the pork and enjoy!

| Nutrition Facts  |                     |
|--|---------------------|
| 5 servings per container   |                     |
| <b>Serving size</b>  | <b>4 oz. (184g)</b> |
| <b>Amount Per Serving</b>  |                     |
| <b>Calories</b>  | <b>230</b>          |
| <b>% Daily Value*</b>  |                     |
| <b>Total Fat</b> 6g  | <b>8%</b>           |
| Saturated Fat 1g   | <b>5%</b>           |
| Trans Fat 0g   |                     |
| <b>Cholesterol</b> 75mg  | <b>25%</b>          |
| <b>Sodium</b> 160mg  | <b>7%</b>           |
| <b>Total Carbohydrate</b> 17g  | <b>6%</b>           |
| Dietary Fiber <1g  | <b>2%</b>           |
| Total Sugars 13g   |                     |
| Includes 6g Added Sugars   | <b>12%</b>          |
| <b>Protein</b> 24g   |                     |
| Vitamin D 0.2mcg   | 2%                  |
| Calcium 10mg   | 2%                  |
| Iron 1.3mg   | 8%                  |
| Potassium 520mg  | 10%                 |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                     |

