

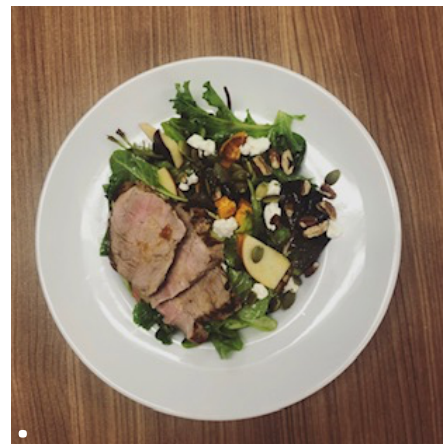
Cranberry Harvest Salad with Glazed Pork

This salad is the perfect combination of all your favorite fall flavors. It's packed with Vitamin A from the sweet potatoes as well as B vitamins, Zinc and Phosphorus from the nuts, seeds, and pork.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	60 MIN

INGREDIENTS

1 each	Pork Tenderloin (about 1-1½ pounds)
3 Tbsp+2 tsp	Olive Oil, <u>divided</u>
½ tsp	Salt
½ tsp	Pepper
1 each	Orange, juiced, <u>divided</u>
1 each	Sweet Potato, peeled and diced
1 Tbsp	Cranberry Orange Jelly
1 ½ tsp	Whole Grain or Dijon Mustard
1 Tbsp	Apple Cider Vinegar
¼ tsp	Nutmeg
6 cups	Mixed Greens
1 each	Green Apple or Pear, cored and thinly sliced
¼ cup	Pecans, toasted and chopped
¼ cup	Pumpkin Seeds, toasted
2 Tbsp	Goat Cheese (optional)



CHEF'S NOTES

Brought to you by Momma D's cranberry orange jelly, this dressing is bursting with flavor and healthy fats. For a tangier dressing, add extra apple cider vinegar or use a tad less orange juice. In this dish, we use the salad dressing as a glaze for the pork as well. Searing and then finishing the pork in the oven creates a nice crust with an evenly cooked interior. The goat cheese is optional but adds a nice tangy balance to the dish!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F.
2. Remove pork tenderloin from package and pat dry with paper towels. Using a chef's knife, carefully remove any excess fat and silverskin (the silvery white-colored, tough band of connective tissue running along the length 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. Place the pork in a bowl or dish and add 1 tsp olive oil, salt and pepper, and half of the orange juice; toss to coat, cover, and marinate at room temperature for 30 minutes.
3. Meanwhile, add sweet potatoes to a sheet tray, toss with 1 tsp of oil and roast for 20 minutes or until tender and lightly browned. Remove from oven and set aside. Decrease oven temperature to 375°F.

4. In a mason jar with a lid or small bowl, combine the remaining orange juice, cranberry jelly, mustard, apple cider vinegar, nutmeg, and remaining 3 Tbsp oil. Set aside.
5. Heat a large oven proof skillet over medium high heat. Remove the pork from the marinade and sear, turning, until each side is brown (discard marinade). Glaze pork with about 1 Tbsp of the dressing. Transfer pork to oven and roast, flipping halfway through and basting with one more Tbsp of dressing, for 15 minutes or until the thickest part of the tenderloin has reached an internal temperature of 145°F.
6. Remove pork from oven, transfer to a plate or cutting board, cover, and let rest for 10 minutes.
7. While the pork rests, in a large bowl, toss the mixed greens, sliced apple, toasted pecans, roasted sweet potato, pumpkin seeds, and goat cheese crumbles with the remaining dressing.
8. Slice the pork and serve on top or alongside the dressed salad.

Nutrition Facts	
6 servings per container	
Serving Size	1 1/2 cup salad + 3 oz pork (244 g)
Amount per serving	
Calories	350
<i>% Daily Value *</i>	
Total Fat 21g	26%
Saturated Fat 3g	15%
<i>Trans Fat 0g</i>	
Cholesterol 50mg	16%
Sodium 450mg	20%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	16%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 24g	48%
Vitamin D 0.19mcg	0%
Calcium 30mg	2%
Iron 1mg	7%
Potassium 700mg	15%
<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>	

