



Reach



**Racial & Ethnic Approaches
to Community Health**

GREENWOOD LEFLORE HOSPITAL

*Made possible with funding from the
Centers for Disease Control & Prevention*

Pork Medallions with Applesauce / Ingredients

1 pair pork tenderloins (about 2 pounds)

¼ teaspoon salt

⅛ teaspoon ground black pepper

2 medium apples, rinsed and cored, but not peeled (try Golden

Delicious or Rome)

2 tablespoons dark seedless raisins

2 tablespoons walnuts, broken into coarse pieces

½ teaspoon cinnamon

Cooking spray

½ cup water

Recipe inspired by healthyeating.nhlbi.nih.gov

Cooking Instructions

1. Preheat oven broiler on high temperature, using the bottom rack.
2. Cover broiler pan with aluminum foil for easy cleanup. Spray foil lightly with cooking spray. Set aside.
3. Cut 8 slices (pork rounds), each 1½" thick, from the center of the pair of pork tenderloins. Refrigerate or freeze the ends for another use. Place pork rounds on the foil-covered broiler pan. Sprinkle with salt and pepper. Set aside a few minutes while broiler heats.
4. Meanwhile, heat ½ cup water to boiling in a medium non-stick pan. Slice cored apples from top to bottom in ¼" wide pieces. Add apples, raisins, walnuts, and cinnamon to boiling water. Reduce heat to medium. Cover. Simmer, stirring occasionally, until apples are soft and easily pierced with a fork. Set aside until pork is cooked.
5. Broil pork for 5 to 10 minutes per side (to a minimum internal temp of 160 °F).
6. To serve, place 2 pork rounds on each dinner plate. Top with ¼ of the applesauce.

Nutritional Information

Yield: 4 servings

Each serving provides:

Calories: 250

Total fat: 9 g

Saturated fat: 3 g

Cholesterol: 80 mg

Sodium: 200 mg

Fiber: 3 g

Protein: 26 g

Carbohydrate: 15 g

Potassium: 513 mg