

Spinach Pork Tenderloin

Makes 4 servings

Nutrition Information Per Serving: (3 oz. of cooked meat with about 2 Tbsp. of sauce):
282 Calories, 29 g. Protein, 21 g. Carbohydrates, 1 g. Dietary Fibre, 9 g. Fat (3 g. sat),
72 mg. Cholesterol, 517 mg. Sodium, 3.5 mg. Iron, 150 mg. Calcium

This recipe takes pork tenderloin to a new level. Roasted tenderloin stuff with fresh spinach and artichoke hearts, these tender pork slices look fancy enough for dinner-party guest.

Ingredients

- 2 cups of torn fresh baby spinach
- 1/4 cup of water
- 1/2 cup of frozen artichoke hearts, thawed & chopped
- 1/3 cup of shredded Parmesan cheese
- 1/4 tsp. of dried rosemary, crushed
- 1 (1 lb.) pork tenderloin
- 1/2 tsp. of salt, divided
- 1/8 tsp. of freshly ground black pepper

Sauce

- 1/4 cup of unsweetened apple OR cranberry juice (or a combination of the 2 equalling 1/4 cup)
- 1 Tbsp olive oil
- 1/4 cup of balsamic vinegar
- 1 Tbsp. of xylitol



Preparation

- In a large-sized nonstick skillet over medium heat, cook spinach in water for about 3 to 4 minutes or until wilted, drain well.
- In a large-sized bowl, combine spinach, artichokes, Parmesan cheese and rosemary, set aside.
- Cut a lengthwise slit down centre of tenderloin to within 1/2" of bottom. Open meat so it lies flat, cover with plastic wrap. Flatten to 1/4" thickness, remove plastic. Sprinkle meat with 1/2 tsp. of salt, top with spinach mixture.
- Close meat, tie with kitchen string and secure ends with toothpicks. Sprinkle with pepper and remaining salt.
- Place in a shallow baking pan. Bake at 425 degrees F for about 15 minutes.
- Meanwhile, combine the sauce ingredients in a small-sized saucepan over medium heat. Bring to a boil. Reduce heat, simmer, uncovered, for about 15 minutes. Pour over the meat.
- Bake for about 10 minutes longer or until a meat thermometer reads 160 degrees F. Let stand for about 10 minutes before slicing. Discard toothpicks.