

Holiday De-Stress Guide

Pork Medallions with Cranberry Chutney



Holiday cooking can be both a pleasure and an added stress. With this **budget friendly** holiday dish you won't have to worry about breaking the bank to feed a crowd. **It is healthy and fast too!**

Minutes to prepare: 10

Minutes to cook: 10

Servings: 6

Budget dinner price: \$1.40 per serving (without rice); \$1.70 per serving (with rice)

Ingredients

- 1 cup fresh cranberries
- 1/2 cup unsweetened apple juice
- 1/4 cup sniped dried figs
- 2 tbsp packed brown sugar
- 1 tsp chopped fresh rosemary
- 1/4 tsp salt
- 1/8 tsp ground black pepper
- 16 ounces pork tenderloin
- 1/4 tsp salt-free herb seasoning
- Hot cooked brown rice (optional)

Instructions

Chutney

1. In a small saucepan, stir together cranberries, apple juice, figs, brown sugar, rosemary, salt, and pepper. Bring to a boil; reduce heat.
2. Simmer uncovered for 5 to 8 minutes or until chutney reaches desired consistency. Stir occasionally.



Pork

1. Trim fat from pork. Cut pork into pieces (about 1 inch thick). Press each piece with the palm of your hand to an even thickness. Sprinkle herb seasoning evenly over pork.
2. Cook pork in hot skillet for 2 to 3 minutes or until pork is slightly pink in center and juices run clear. Turn once half way through cooking time.

Serve pork medallions over hot cooked rice (optional) and spoon warm chutney over pork.

Nutritional Information (per serving)

Calories	185.9	Sodium	142.1 mg
Total fat	5 g	Carbohydrates	14.2 g
Protein	21.4 g	Dietary Fiber	1.6 g

Resources: www.hearthealthyonline.com; www.sparkrecipes.com

