

# 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)

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

**Resources:** [www.hearthealthyonline.com](http://www.hearthealthyonline.com); [www.sparkrecipes.com](http://www.sparkrecipes.com)

