

Fall Grill! Apple-Asian Pork Tenderloin & Steamed Asparagus ~ choose one side item to complete your meal

Apple-Asian Pork Tenderloin

6 servings

- 2 lb Pork tenderloin, all-natural
- ½ cup Apple jelly, melted in microwave
- ½ cup Apples, peeled and diced small
- ¼ cup Fresh lime juice
- ¼ cup Reduced-sodium soy sauce
- 1 Tbsp Fresh ginger, grated



Remove pork from packaging. Lay it in a shallow glass or ceramic container. Combine all ingredients except pork in a small glass bowl. Pour marinade over pork. Cover and refrigerate for 4-12 hours, turning several times. Drain marinade from pork. Cook pork in microwave or outside grill.

Microwave cooking: Cover pan with waxed paper or paper towel. Microwave on Medium High (70%) for 8-10 minutes. Pork is done when a meat thermometer reaches 160 degrees.

Outside grill cooking: Heat grill to high. Place tenderloin on aluminum foil that has been sprayed with cooking oil spray. Cook 8-10 minutes, turning several times and brushing with reserved marinade. Pork is done when a meat thermometer reaches 160 degrees.

Note: Reserved marinade may be boiled for 1 minute and then used as sauce on cooked meat.

Fresh apples on sale

Fresh limes on sale

Fresh asparagus on sale

Pork Recipe Nutrition per serving

230 calories; 31 gm protein; 10 gm carbohydrate; 7 gm total fat; 2 gm saturated fat; 0 trans fat; 86 mg cholesterol; 0 gm fiber; 240 mg sodium

To Make Steamed Asparagus: Trim ½ inch off the bottom of each asparagus stalk. Add ½ inch water to a large skillet and heat to medium high. When water boils, add asparagus. Cook about 6-8 minutes until tender-crisp. Drain. Dust with salt and pepper to taste.

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.