

**Grilled Pork Tenderloin  
With Apples**

**For the pork:**

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|-----------------------------|----------------------------|
| 2 pork tenderloins 2oz each | 1 Tbsp olive oil           |
| 1 tsp Dijon mustard         | ¼ tsp each salt and pepper |
| 3 Tbsp sherry vinegar       | 1 clove garlic, minced     |

**For the apples:**

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|-----------------------|---------------------------|
| 1 Tbsp butter         | ¼ cup apple cider vinegar |
| 2 Granny Smith apples | ¼ cup honey               |

Mix ingredients for the pork in a shallow bowl. Add the tenderloins and marinate for 30 mins or overnight in the refrigerator. Preheat the grill to med high heat. Sear the pork and grill on all sides. Lower the heat to med and cook for 8 to 12 mins until the pork is just cooked through. Transfer the pork to a cutting board and let the meat rest for 2-3 mins. Slice the pork and arrange on a platter to keep warm. Melt the butter in a med skillet and add the apples. Transfer the apples to the platter with the pork. Add the vinegar and honey to the skillet and bring to a boil. Cook until the mixture becomes syrupy, about 3-4 mins. Pour the syrup over the pork and apples and serve.

Serving: 3-4 slices of pork with apples. Calories 458, Protein 48g, Total Carb 29g, Dietary Fiber 1g, Sugar 24g, Total Fat 16g, Saturated Fat 6g

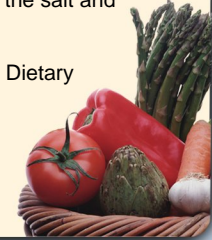


**Roasted Garlic and  
Scallion Mashed Potatoes**

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|------------------------------------|-----------------------------------|
| 1 garlic bulb, unpeeled            | 1 cup chicken stock               |
| Splash olive oil                   | Salt and pepper to taste          |
| 4 large potatoes (Idaho or russet) | 1 ½ tablespoons chopped scallions |

Preheat oven to 350 degrees. Place the garlic cloves in an ovenproof dish and drizzle with olive oil. Place the dish, uncovered, in the oven for 15-20 mins until the garlic is golden brown and soft. Remove from the oven and cool. Peel the potatoes and cut them in half. Place them in a pot and cover with cold water. Bring to a boil over high heat and simmer until the potatoes are tender when pricked with a fork, about 30 mins depending on the size of the potatoes. Drain. Bring the stock to a boil, and turn down to simmer. Squeeze the roasted garlic clove to release each clove of garlic. Mash the garlic with a fork and throw the skins away. Mash the potatoes. Add the roasted garlic. Slowly add the stock until the desired consistency is reached. Adjust the salt and pepper to taste. Fold in the scallions.

Serving size: about ½ cup. Calories 136, Protein 3g, Total Carb 28g, Dietary Fiber 3g, Sugar 2g, Total Fat 2g, Saturated Fat 0g



**Pumkin Muffins with  
Candied Ginger**

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|----------------------------------|--------------------------|------------------------|
| Nonstick cooking spray           | ½ stick nonsalted butter | ½ c packed brown sugar |
| 1 large egg                      | ½ cup pumpkin puree      | 1 c all purpose flour  |
| 1 tsp grated ginger              | ¼ tsp baking soda        | 1 tsp baking powder    |
| ¼ tsp salt                       | ¼ tsp cinnamon           | ¼ tsp nutmeg           |
| ¼ tsp allspice                   | 1/3 c low fat buttermilk |                        |
| ½ cup minced crystallized ginger |                          |                        |

Preheat oven to 350 degrees. Spray 12 muffin tins with nonstick cooking spray. Place the butter in a mixing bowl and beat at high speed until fluffy. Add the egg and mix on low speed to combine. Add the pumpkin puree and grated ginger root and mix again. Sift the flour, baking soda, baking powder, salt, cinnamon, nutmeg and allspice together. Fold in half of the flour mixture. Stir in the buttermilk. Fold in the remaining flour mixture and the crystallized ginger. The batter should be smooth. Fill the muffin tins halfway with the mixture. Bake until golden brown, about 25 mins or until a toothpick inserted into the center of the muffin comes out clean. Cool 10 mins.

Per muffin: Calories 137, Protein 2g, Total Carb 23g, Dietary Fiber 1g, Sugar 13g, Total Fat 4g, Saturated Fat 3g



**Harvest Apples**

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|------------------------|--|
| ¼ cup seedless raisins | ¼ cup coarsely chopped walnuts             |
| ¼ cup brown sugar      | ¼ tsp ground cinnamon                      |
| Dash nutmeg            | 4 firm, tart apples (such as Granny Smith) |

Preheat oven to 350 degrees. In a small bowl, mix the raisins, walnuts, brown sugar, cinnamon, and nutmeg together. Wash and core the apples using an apple corer or a small knife. In a baking dish, arrange the apples with the tops up. Fill each apple with one-fourth of the raisin mixture. Pour water in the baking dish to the depth of ½". Bake for 30-40 mins. Baste the apples once or twice with the cooking liquid. The apples are done when they still hold their shape and yield to a knife when pierced. Serve the apples when they are cooled slightly.

Per apple: Calories 212, Protein 1g, Total Carb 45g, Dietary Fiber 6g, Sugar 36g, Total Fat 5g, Saturated Fat 0g.

