

Pork Tenderloin with Apricot Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: You can buy marinated pork tenderloin in a variety of flavors in your supermarket's meat area. Any dried apricots you have left over make a tasty snack mixed with nuts. When using a non-stick skillet you need to use your non-metal utensils so you do not harm the surface of the pan.



- 4 servings of whole grain or brown rice
- 4 teaspoons olive oil, divided
- 1 pound pork tenderloin, teriyaki flavor
sliced into 1 inch thick pieces
- 1/2 teaspoon salt and dash of pepper
- 1 cup sweet onion, sliced thin, Vidiala, Oso, Walla, Walla
- 14 ounce can fat-free, low sodium chicken broth
- 1/4 cup fresh orange juice, about 1 orange
- 1 cup dried apricots, sliced
- 2 gloves minced garlic, fresh or from a jar
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh flat-leaf parsley
- 4 serving, snow peas or sugar snap peas

Cook rice according to package directions. Depending on the type of rice you use, it may take 10 to 30 minutes to cook the rice. Time the cooking time so it is done with the pork dish is done.

Heat 2 teaspoons olive oil in a large nonstick skillet over medium heat. Add the pork to the pan and sprinkle with salt and pepper. Cook for 2-3 minutes on each side until the pork is brown and no longer pink. Take the pork out of the pan and keep warm in a container.

Add the remaining 2 teaspoons of oil to the pan and add the onions. The brown bits on the bottom of the pan can be scraped to add flavor to the onions. Cook for 3 minutes and slowly stir in the broth and orange juice. Add the apricots, garlic and oregano and raise the heat slightly to bring the mixture to a boil for 3 minutes. Remove the pan from the heat and stir in the pork and parsley. Cover the pan while you prepare the side vegetable and check on the rice.

Divide the rice among the plates. Top with the pork mixture and add the vegetables.

Caroleicious!