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# Pork Tenderloin with Honey Glazed Apples

*(Adapted from the recipe by the Best of Bridge – That's Trump)*

**Makes 8 Servings**

## What You Need

*Balance this recipe by adding some rice, steamed broccoli/asparagus/green beans, and a salad.*

~2 lbs. pork tenderloin (~1kg)

### Marinade:

1/2 cup apple juice  
1/4 cup honey, melted  
2 tbsp. soy sauce  
2 tbsp. vegetable oil  
1 tsp. Dijon mustard  
4 green onions, chopped  
2 cloves garlic, minced  
1 tbsp. grated fresh ginger

### Glazed Apples:

1 tbsp. butter or non-hydrogenated margarine  
2 tbsp. honey  
2 tbsp. lemon juice  
4 apples, peeled and thinly sliced and diced

## Per Serving

Calories 368  
Carbohydrates 28 g  
Protein 36 g  
Fat 13 g  
Dietary Fiber 1 g

## How You Prepare

- Put marinade ingredients into a long shallow baking dish. Add pork. Cover and refrigerate overnight or at least 4 hours.
- Bake at 350F for 40-50 minutes or BBQ until done. Cover and let stand 10 minutes.
- In a frying pan heat butter/margarine, honey, and lemon juice together. Add apples and toss to coat. Cook 2-3 minutes until soft.
- Slice pork and spoon glazed apples over top.