



## Pork Tenderloin with Apples & Onions



1/4th of recipe (about 3.25 oz. cooked pork with 3/4 cup apples and onions): 237 calories, 4g total fat (1g sat. fat), 210mg sodium, 25.5g carbs, 4g fiber, 15g sugars, 25g protein

**Prep:** 15 minutes    **Cook:** 25 minutes

**Rest:** 10 minutes

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### Ingredients

One 1-lb. raw pork tenderloin, trimmed of excess fat  
3 cups chopped apples (about 2 medium apples)  
3 cups chopped onions (about 2 medium onions)  
*Seasonings: ground sage, garlic powder, salt, black pepper*

### Directions

Preheat oven to 425 degrees.

Bring a large oven-safe skillet sprayed with nonstick spray to high heat on the stove. Season pork with 1/4 tsp. each sage, garlic powder, salt, and pepper. Cook until browned on all sides, about 5 minutes, rotating occasionally to evenly sear.

Add apples and onions to the skillet, alongside the pork. Place skillet in the oven, and bake for 8 minutes.

Flip pork, and stir apples and onions. Bake until pork center reaches 145 degrees and apples and onions have softened, 8 - 10 minutes.

Remove skillet from the oven, and cover to keep warm. Let pork rest for 10 minutes.

Slice pork, and serve with apples and onions.

**HG Tip:** If you're not sure if the skillet handle is oven-safe, wrap it in aluminum foil first.

**MAKES 4 SERVINGS**

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