



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 2*

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

Rest: 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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