

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Maple-Chili Glazed Pork Medallions

Ingredients

- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/8 teaspoon ground chipotle pepper
- 1 pound pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
- 2 teaspoons canola oil
- 1/4 cup apple cider
- 1 tablespoon maple syrup
- 1 teaspoon cider vinegar

Preparation

1. Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze

Nutrition

Per serving: 180 calories; 6 g fat (2 g sat, 3 g mono); 74 mg cholesterol; 6 g carbohydrates; 3 g added sugars; 24 g protein; 0 g fiber; 354 mg sodium; 441 mg potassium.

Makes: 4 servings • **Active Time:** 20 minutes • **Total Time:** 20 minutes

