

Honey Glazed Pork Tenderloin

Plymouth-Canton Ed. Park



Ingredients

1 ¼ lb. pork tenderloin
½ c. chicken stock
½ c. apple cider or juice
1 Tbsp. Michigan honey
1 Tbsp. vegetable oil
1 jalapeno, seeds removed,
sliced into thin rings
Salt and pepper

Directions

Combine the chicken stock and cider in a small saucepan. Cook over medium heat until mixture is reduced by half. Remove from heat and add the honey and jalapeno rings. Season tenderloin with about tsp of both salt and pepper. Preheat sauté pan over medium high heat. Add 2 Tbsp. of oil, then sear the tenderloin, turning so all sides brown. Brush the pork with the cider reduction and place in/on an oven proof pan or rack and cook until pork reaches an internal temperature of 140. Remove from oven, tent with foil and allow to rest. Temperature will rise as it rests.

Nutritional Information

| | Servings 4 |
|----------------------|------------|
| Calories per serving | 217 |
| Total Fat | 10g |
| Saturated Fat | 2g |
| Cholesterol | 60mg |
| Sodium | 131mg |
| Total Carbohydrates | 11g |
| Dietary Fiber | 0 |
| Protein | 22g |