Blueberry-Onion Sauced Pork Tenderloin

Serving Size: 3/4 cup
Yield: 4 servings

Ingredients

3/4 to 1 pound pork tenderloin
2 Tablespoons butter substitute for cooking (such as Smart Balance®)
2 medium onions, sliced
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 Tablespoons sugar
1/4 cup cooking sherry
2 Tablespoons balsamic vinegar
1 cup fresh or frozen blueberries
1 cup chopped cherry or grape tomatoes
## Nutrition information:
- Calories: 370
- Carbohydrate: 23 gm
- Fiber: 3 gm
- Fat: 13 gm
- Protein: 36 gm
- Cholesterol: 105 mg
- Sodium: 480 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

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### Instructions

1. Preheat broiler.

2. Broil pork, turning occasionally until cooked through, about 20 minutes. Remove to a platter; cover to keep warm.

3. Meanwhile, in a large skillet over medium-high heat, melt the butter substitute.

4. Add onions, salt and pepper; cook until onions are golden, about 10 minutes.

5. Add sugar cook until onions are caramelized, 3 minutes longer.

6. Add cooking sherry, balsamic vinegar, blueberries, and tomatoes and bring to a boil. Remove from heat.

7. Thinly slice pork and serve with sauce.

### Healthy Tip
Keep this meal healthy by serving it with a steamed vegetable medley like asparagus and yellow squash.

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