

Farmers Market Fun Family Recipes



BLUEBERRY- ONION SAUCED PORK TENDERLOIN

Serving Size: $\frac{3}{4}$ cup

Yield: 4 servings

Ingredients

- $\frac{3}{4}$ to 1 pound pork tenderloin
- 2 Tablespoons butter substitute for cooking (such as Smart Balance®)
- 2 medium onions, sliced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 Tablespoons sugar
- $\frac{1}{4}$ cup cooking sherry
- 2 Tablespoons balsamic vinegar
- 1 cup fresh or frozen blueberries
- 1 cup chopped cherry or grape tomatoes

– Over –



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.*



*Recipe courtesy of North
American Blueberry Council
(www.blueberrycouncil.org/).*

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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