



Holiday Live Healthy Recipe



Bacon-Wrapped Pork Tenderloin with Honey-Almond Green Beans

Ingredients:

- ¼ cup cherry preserves, large pieces snipped
- 1 teaspoon red wine vinegar
- 1 pound natural pork tenderloin
- 10 slices lower sodium, less fat bacon
- 1 tablespoon olive oil
- 8 ounces green beans, trimmed if desired
- ¼ cup reduced-sodium chicken broth
- 2 tablespoons honey
- ¼ teaspoon salt
- ¼ cup sliced almonds, toasted

Directions:

1. Preheat oven to 425 degrees F. Line a shallow roasting pan with foil. Place a rack on top of foil; set pan aside. In a small bowl stir together cherry preserves and vinegar; set aside.
2. Trim fat from tenderloin. Lay bacon side by side on a work surface, overlapping slightly. Place tenderloin crosswise on bacon and roll up, wrapping bacon around tenderloin. Place, bacon ends down, on rack in the prepared roasting pan. Roast 20 minutes. Brush top of wrapped tenderloin with preserves mixture. Roast 5 to 10 minutes more or until bacon is crisp and an instant-read thermometer inserted in tenderloin registers 145 degrees F. Remove from oven; let stand 3 minutes.
3. Meanwhile, in a large skillet heat oil over medium-high heat. Add green beans; cook and stir 3 to 5 minutes or just until crisp-tender. Add broth, honey and salt. Cook and stir about 3 minutes more or until liquid is nearly evaporated. Stir in almonds.
4. Slice wrapped tenderloin and serve with green beans.

Nutrition Facts:

Servings: 4

Per Serving: calories 351; carbs 28g; dietary fiber 2g; total sugars 20g; protein 31g; total fat 12g; saturated fat 3g; cholesterol 82mg; sodium 426mg.

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