

Teriyaki Pork Bites

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cooking spray
2 1/2 teaspoons garlic blend paste, divided
2 1/4 teaspoons ginger spice paste, divided
1/8 teaspoon pepper
1 (one pound) teriyaki-flavored pork tenderloin
1/2 cup whole-berry cranberry sauce
1/4 cup low-sugar apricot preserves
1/3 cup light mayonnaise
4 thin (or 8 mini) bagels

Preheat the oven to 400 degrees.

Coat a baking dish with nonstick spray.

In a bowl, combine two teaspoons of garlic paste, two teaspoons of ginger spice paste and the pepper until blended. Coat all sides of the pork with the mixture. Place in the baking dish (wash hands).

Bake for 30 to 35 minutes or until the pork is 145 degrees.

Meanwhile, in a small saucepan, combine the cranberry sauce, apricot preserves and remaining 1/4 teaspoon of ginger spice paste. Heat and stir on low for 3 to 4 minutes or until the mixture melts.

In a bowl, combine the remaining 1/2 teaspoon of garlic paste with the mayonnaise. Chill until ready to use.

Remove the cranberry sauce from the heat. Cover and set aside to slightly thicken and allow the flavors to blend.

Remove the pork from the oven. Let stand for 5 to 10 minutes before slicing.

Cut the bagels into halves (top and bottom). Place on a baking sheet.

Bake for 4 to 5 minutes or until lightly toasted.

Slice the pork thinly.

Spread even amounts of the mayonnaise mixture on each bagel half. Top with even amounts of pork slices and the cranberry mixture. Cut each bagel into quarters (or in half). Serve.

Per Serving (excluding unknown items): 1163 Calories; 21g Fat (16.3% calories from fat); 38g Protein; 203g Carbohydrate; 8g Dietary Fiber; 29mg Cholesterol; 2295mg Sodium. Exchanges: 12 1/2 Grain(Starch); 3 1/2 Fat; 1 Other Carbohydrates.