

Pork

Pork Tenderloin with Peaches & Pecan Sauce

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Servings: 4

1 tablespoon olive oil
1 pork tenderloin (about 1 pound), cut into 3/4" thick slices
2 cloves garlic, minced
2 green onions, sliced
1 can (10 3/4 oz) condensed golden mushroom soup
1 can (15 oz) sliced peaches in juice, drained, reserve juice
3 tablespoons low-sodium soy sauce
2 tablespoons honey
1/4 cup pecan halves, toasted and broken unto large pieces
hot cooked rice

Heat oil in 10" skillet over medium-high heat. Add pork and cook until well browned on both sides. Remove pork from skillet.

Add garlic and onions to skillet and cook and stir 1 minute. Stir soup, peach juice, soy sauce and honey in skillet and heat to a boil. Cook 5 minutes or until soup mixture is slightly reduced.

Return pork to skillet. Stir in Peaches. Reduce heat to low. Cook until pork is cooked through. Stir in pecans. Serve pork and sauce with rice. Sprinkle with additional sliced green onion, if desired.

Per Serving (excluding unknown items): 119 Calories; 8g Fat (56.8% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 452mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.