

## **Pork**

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# **Pork and Sweet Potatoes**

Taste of Home One-Dish Meals

**Servings: 4**

**1 1-pound pork tenderloin, cut into 12 slices**  
**1/2 cup all-purpose flour**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 tablespoon canola oil**  
**1 can (14 1/2 oz) reduced-sodium chicken broth**  
**2 medium sweet potatoes, peeled and cubed**  
**1/2 cup dried cranberries**  
**1 tablespoon Dijon mustard**  
**1 medium apple, sliced**  
**4 green onions, chopped**

Flatten pork to 1/4-inch thickness. In a large resealable plastic bag, combine the flour, salt and pepper; add pork, a few pieces at a time, and shake to coat.

In a large nonstick skillet coated with cooking spray, brown pork in oil in batches. Remove and keep warm.

Add the broth, sweet potatoes and cranberries to the skillet. Bring to a boil. Reduce the heat; cover and simmer for 4 to 6 minutes or until potatoes are almost tender. Stir in mustard.

Return pork to pan; add apple and onions. Cover and simmer for 4 to 6 minutes or until meat juices run clear.

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Per Serving (excluding unknown items): 320 Calories; 8g Fat (22.5% calories from fat); 27g Protein; 35g Carbohydrate; 4g Dietary Fiber; 74mg Cholesterol; 381mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.