

## **Teriyaki Pork with Fruit Chutney**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4 - 5

**CChints:** The secret to the pork is to purchase one that is already marinated. Hormel® makes several flavors but we like the teriyaki for this dish. You can grill or bake the pork. Both styles are offered and take about the same amount of time. You will need a meat thermometer to test the pork and they are usually under \$10. You can buy ground ginger in your supermarket, usually jarred in the refrigerated produce area. Also, if you purchase the snack size applesauce each container is usually 1/2 cup and the others can be used to replace oil in boxed cake mixes.



2 pound pork tenderloin, teriyaki flavor

Cooking spray

2 teaspoons olive oil

1 cup yellow onion, diced

2 teaspoons ground ginger

2 gloves minced garlic, fresh or from a jar

1 cup applesauce

1 cup golden raisins

2 tablespoons white wine vinegar

2 teaspoons sugar or Splenda®

1/2 teaspoon cumin

1/3 cup orange marmalade

1 tablespoon Dijonnaise or Dijon mustard

1/2 cup chopped pecans or walnuts

dash of salt

Serve with a side salad or steam vegetables with a hint of sweet flavor like broccoli, zucchini squash or sugar snap peas.

Oven: Preheat oven to 425 degrees F and put in a roasting pan covered with cooking spray.

Grill: Heat grill to 425 or medium-high put a cast iron griddle or skillet in the grill to heat up at the same time. This pan will help keep you from losing those precious juices as it cooks. Start cooking the pork when the temperature has been reached. Cook for 20-30 minutes. If cooking on the grill, turn the meat 2 – 3 times during the cooking time. The pork is done when a meat thermometer inserted into the thickest part reaches 160 degrees.

Over medium heat add the oil to a large sauce pan. Add the onions and stir occasionally for 3 minutes. Stir in the ginger and garlic and cook for 1 minute. Blend in the applesauce through mustard into the pan. Stir well and let it come to a boil. When it does, cover, reduce the heat and let it cook for 10 minutes. Remove from the heat and leave covered until the pork is done. Transfer the chutney to a serving bowl and stir in the nuts. During this 10 minutes, prepare your side dish.

When the pork is done, put it on a cutting board and let it rest for 5 minutes. This will allow the juices to redistribute through the meat. Slice into serving size pieces and put 1 to 2 on each plate. Put a spoonful of chutney on the meat and enjoy.