



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CIDER & SAGE PORK

## INGREDIENTS

- 1 (1-pound) pork tenderloin, trimmed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil, divided
- 1/4 cup finely chopped shallots
- 1 1/2 teaspoons chopped fresh sage
- 4 teaspoons sherry vinegar
- 1/2 cup lower-sodium chicken broth
- 1/4 cup apple cider
- 1 teaspoon Dijon mustard
- 3/4 teaspoon cornstarch
- 1 tablespoon heavy whipping cream

### Optional:

Fresh sage leaves

## DIRECTIONS

1. Cut pork crosswise into 12 pieces. Sprinkle both sides of pork evenly with salt and pepper. Heat 2 teaspoons oil in a nonstick skillet over medium-high heat. Add pork; cook 3 minutes on each side or until done. Remove pork from pan; keep warm.
2. Add remaining oil, shallots, and chopped sage; cook 2 minutes. Stir in vinegar. Whisk broth, cider, mustard, and cornstarch. Add mixture to pan; bring to a boil. Reduce heat; cook 2 minutes, stirring constantly. Remove from heat. Stir in cream. Serve with pork. Garnish with sage, if desired.



**Nutrition:** Calories 930, Fat 38g, Protein 122g, Carbohydrate 18g, Sodium 1,606 mg. Yield Serves 4 (serving size: 3 medallions and about 2 1/2 tablespoons sauce)