



From the Kitchen of Executive Chef Jessica VanRoo



Stuffed Pork Tenderloin

Serves 4

325 calories per serving

Description

Want to break away from the usual holiday entrees of turkey, ham or roast beef? Try this juicy, stuffed pork tenderloin for a change of pace. The fresh herbs, spinach and sun-dried tomatoes in this recipe are a perfect complement to the savory pork — a lean protein that is full of important nutrients.

The sage in the stuffing is an herb that is especially high in antioxidants that may aid brain function as well as lower blood sugar and cholesterol levels. Just 1 teaspoon packs 10% of your daily vitamin K needs. It also provides small amounts of magnesium, zinc, copper and vitamins A, C and E. Studies show sage also has antimicrobial properties, which may kill microbes that encourage the growth of dental plaque.

Spinach is known to lower oxidative stress and blood pressure while promoting eye health. It's also high in insoluble fiber, which can help cleanse your digestive track. Sun-dried tomatoes offer the antioxidant properties of lycopene, which has been linked to a reduced risk for cancer and heart disease. Tomatoes, themselves, also are loaded with vitamin C, potassium, folate and vitamin K.

Total cost: \$24.43/\$6.12 per serving



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Pork

- 1 pork tenderloin, 1½-2 pounds
- 2 ounces thinly sliced prosciutto

Glaze

- ½ cup dry white wine or extra chicken stock
- ½ cup chicken stock
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon unsalted butter

Filling

- 2 tablespoons avocado oil, divided in half
- 2 shallots, or half a yellow onion, diced
- 3 cloves garlic, minced
- 4 sage leaves, finely chopped
- 1 tablespoon fresh rosemary, finely chopped
- 5 ounces fresh baby spinach, about 5 cups
- ⅓ cup sun-dried tomatoes packed in oil, finely chopped
- Salt and pepper to taste
- ⅓ cup freshly grated Parmesan cheese, about 1½ ounce



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Filling

1. Heat 1 tablespoon of avocado oil in sauté pan over medium-high heat.
2. Stir in onion, garlic, sage and rosemary, cook until onions begin to brown, about 2 minutes.
3. Add spinach and cook just until the leaves wilt, about 1 minute.
4. Turn off heat, add sun-dried tomatoes and mix well.
5. Remove pan from the burner, then stir in Parmesan.



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Pork tenderloin

1. Preheat oven to 375 degrees.
2. Remove the silver skin from the tenderloin then butterfly by cutting lengthwise, making sure not to slice the meat all the way through.
3. Cover tenderloin with plastic wrap or parchment paper and pound with a rolling pin to until it is about ½ inch thick.
4. Add a layer prosciutto slices, then spoon the spinach filling on the bottom half of the meat.
5. Starting from the end with the spinach filling, begin rolling the tenderloin like a jelly roll.
6. Secure the rolled roast with twine or toothpicks.
7. Season the roast's surface with salt and pepper.
8. Heat a large oven-safe pan over medium-high heat, coat pan with oil then place the season roast in pan and sear.
9. Place pan in oven for 10-12 minutes or until the roast reaches an internal temperature of 135 degrees.
10. Remove from oven, place roast on a platter, tent with foil and allow to rest 10 minutes.



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Glaze

1. Return roasting pan to stove, heat and deglaze with white wine, cooking until the wine is reduced by half.
2. Add stock and bring to a boil.
3. Turn off the heat, stir in lemon juice and butter to taste, adjusting seasoning as needed.
4. Serve with pork tenderloin and, if desired, garnish with extra lemon, finely chopped Italian parsley or chives.