Pork Tenderloin with Country Mustard Cream Sauce paired with Twice Baked Potatoes is a delicious combination of two home style classics, lightened up but full on flavor. Wilted Kale Salad is a great way to try a not so traditional vegetable and Pumpkin Trifle gives an everyday twist to a holiday favorite.

Get on the court for a game of hoops.
ENTREE PORK TENDERLOIN WITH COUNTRY MUSTARD CREAM SAUCE

Serves: 6 (3 ounces per serving)

INGREDIENTS
2 teaspoons olive oil, light
1 1/2 pound pork tenderloin, cut into 3 to 4 ounce fillets
1 cup diced onion
1– 12 ounce can evaporated skim milk
2 tablespoons coarse Dijon mustard
2 teaspoons fresh chopped rosemary
2 teaspoons minced chives
1/4 cup minced parsley
Fresh ground pepper to taste

PREP
> In a large skillet over medium heat, heat the olive oil. Add the pork slices and sauté on each side for 6-7 minutes until no pink remains. Remove the pork from the skillet.

> In the pan drippings, sauté the onion for 10 minutes. Add the evaporated milk, mustard, and rosemary. Bring to a boil, then lower the heat to simmer. Add the pork and simmer for 5 minutes. Add the chives and parsley. Grind in the pepper and simmer for 3 more minutes. Serve with whole grain roll, if desired.

Nutrition facts per serving: Calories: 219, Total Fat: 6 g, Cholesterol: 68 mg, Sodium: 236 mg, Potassium: 675 mg, Calcium: 161 mg, Total Carbohydrate: 11 g, Fiber: 1 g, Protein: 29 g, Vitamin D: 48 IU

SIDES
TWICE BAKED POTATOES

Serves: 12 (3 each per serving)

INGREDIENTS
36 baby Yukon gold or red potatoes
3 tablespoons olive oil
Kosher salt and freshly ground black pepper
6 slices bacon, cooked until crispy and crumbled
1-2 tablespoons fresh thyme
1/3 cup fresh chives, chopped
1/3 cup plain yogurt
1/3 cup sour cream, light
1/3 cup milk, skim
1/2 cup Parmigiano-Reggiano, coarsely grated

PREP
> Heat oven to 425° F. Put the potatoes on a large baking sheet and toss with the olive oil. Season liberally with kosher salt and freshly ground pepper; toss until coated. Roast potatoes until tender, about 30 minutes depending on size. Remove from oven and let cool.

> Carefully hollow out each potato: begin by slicing off the top; use a small spoon to scoop out most of the flesh inside, transferring it to a large bowl. Discard the tops. Mash the potato flesh with a masher or a fork, then add in the bacon, thyme, chives, yogurt, light sour cream, skim milk, Parmigiano-Reggiano, salt and pepper to taste.

> Fill the hollowed potatoes with potato mixture, forming a mound on the top. Return the potatoes to the oven and bake until the filling is heated through, about 10 to 12 minutes. If you’re barbecuing, try heating the potatoes on the grill for a smoky flavor. Sprinkle with remaining chives and serve warm.

Nutrition facts per serving: Calories: 452, Total Fat: 7 g, Cholesterol: 10 mg, Sodium: 677 mg, Potassium: 2275 mg, Calcium: 140 mg, Total Carbohydrate: 83 g, Fiber: 8 g, Protein: 14 g, Vitamin D: 3 IU
SIDE WILTED KALE SALAD

INGREDIENTS
4 cups kale, raw
2 tablespoons lemon juice
2 tablespoons olive oil
1/2 teaspoon salt
2 teaspoons honey
1/2 teaspoon black pepper
1 cup mango
2 tablespoons toasted walnuts
1/2 cup dried cranberries

PREP
> In a large serving bowl, add the kale, half of the lemon juice, a drizzle of oil and a little salt. Massage until kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

> In a small bowl, whisk remaining lemon juice with the honey and ground black pepper. Stream in the remaining oil while whisking until emulsified. Pour the dressing over the kale, and add the mango, walnuts, and cranberries. Toss and serve.

Nutrition facts per serving: Calories: 135, Total Fat: 7 g, Sodium: 214 mg, Potassium: 261 mg, Calcium: 67 mg, Cholesterol: 0 mg, Total Carbohydrate: 20 g, Fiber: 2 g, Protein: 2 g, Vitamin D: 0 IU

DESSERT PUMPKIN TRIFLE

INGREDIENTS
1 – 14 1/2 ounce package, gingerbread cake mix
1 1/4 cup water
1 egg
4 cups 1% milk
4 – 1 ounce packages, sugar-free instant butterscotch pudding mix
1 – 15 ounce can pumpkin
1 teaspoon cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon nutmeg
1/4 teaspoon allspice
12 ounces whipping cream

PREP
> Combine cake mix, water, and egg in a mixing bowl. Mix well and pour into an ungreased 8x8 inch baking dish. Bake at 350° F for 35 to 40 minutes, or until a toothpick inserted near the center comes out clean. Cool, turn out of pan onto a wire rack. When completely cooled, crumble cake and set aside, reserving 1/4 cup crumbs for garnish. Whisk together milk and pudding mixes in a bowl for 2 minutes, or until slightly thickened. Stir in pumpkin and spices; mix well.

> In a trifle bowl or 3-1/2 cup quart glass serving dish, layer one-quarter of the cake crumbs, one-half of pudding mixture, one quarter of crumbs and one-half whipped cream. Repeat layers, ending with whipped cream. Garnish with reserved cake crumbs and whipped cream, if desired. Serve immediately.

Nutrition facts per serving: Calories: 219, Total Fat: 11 g, Cholesterol: 36 mg, Sodium: 297 mg, Potassium: 229 mg, Calcium: 114 mg, Total Carbohydrate: 28 g, Fiber: 1 g, Protein: 4 g, Vitamin D: 24 IU