Dinner Tonight!

Apple-Pecan Pork Tenderloin

1 pound pork tenderloin
1 Tablespoon butter
1 – 16 ounce can sliced apples, drained
2 Tablespoons brown sugar, packed
¼ cup chopped pecans

Trim fat from pork. Cut pork tenderloin into ½ inch thick slices. Melt butter in large skillet over medium high heat until it sizzles. Reduce heat to medium. Arrange pork slices in skillet. Cook for 2 minutes; turn slices. Spoon apples over pork. Sprinkle with brown sugar and pecans. Cover and cook for 4-6 minutes more until internal temperature on a thermometer reads 160 degrees F.

Serves: 5

Nutrition facts per serving:
Calories: 233
Total Fat: 9 g
Cholesterol: 54 mg
Sodium: 47 mg
Total Carbohydrate: 21 g
Protein 18 g