

Heart-Healthy Pork Feast



Nutritional Info

Servings Per Recipe: 4

Amount Per Serving

Calories: 266.1

Total Fat: 5.1 g

Cholesterol: 47.3 mg

Sodium: 189.2 mg

Total Carbs: 25.0 g

Dietary Fiber: 3.5 g

Protein: 28.5 g

View full nutritional breakdown of [Heart-Healthy Pork Feast calories](#) by ingredient

Submitted by: [CHEF MEG](#)

Introduction

This meal tastes of springtime, and it's light enough that it fits into a heart-healthy diet. This meal tastes of springtime, and it's light enough that it fits into a heart-healthy diet.

Minutes to Prepare: 15

Minutes to Cook: 30

Number of Servings: 4

Ingredients

Pork:

1 pound pork tenderloin, fat trimmed and silver skin removed

2 teaspoons Dijon mustard

1 clove garlic, smashed and chopped

1/2 teaspoon black pepper

Sauce:

1 English cucumber, peeled and chopped

1 tablespoon chopped shallot

1/2 cup low fat plain yogurt

1/4 cup reduced-fat sour cream

1 teaspoon lemon zest

1 teaspoon lemon juice

1 tablespoon fresh mint, chopped

Potatoes:

1 pound new red skin potatoes, washed and scrubbed, sliced into 1/4-inch thick

Radish Salad:

6 radishes, scrubbed and chopped into matchsticks

5 ounces baby spinach, washed

1/2 teaspoon black pepper

Directions

Preheat the oven to 400 degrees Fahrenheit. Fill a large saucepan halfway with water and bring to a boil.

Combine the mustard, garlic, and pepper in a small bowl. Lightly spray the pork with non-stick cooking spray. Pour the mustard mixture over the entire tenderloin. Place a cast iron skillet or heavy bottomed pan over moderate high heat. Sear the meat on all sides. Transfer the pan to the oven to finish cooking, until the pork reaches an internal temperature of 150 degrees Fahrenheit.

Remove the pan from the oven and cover the meat with foil. Allow the meat to rest for 5 minutes before slicing.

Prepare the sauce. Place the cucumber and the shallot into a small food processor and pulse twice. (You don't want to puree the sauce.) If you don't have a food processor just mash the cucumber with a fork in a small bowl. Add the remaining ingredients, stir to combine.

When the water comes to the boil, add the sliced potatoes and cook until tender, about 7-8 minutes. Drain the potatoes, then while the pan is still hot, quickly add the spinach to just wilt. Transfer the wilted spinach to a mixing bowl and add the sliced radish.

Slice the meat.

Arrange 1/4 cup of cooked potatoes onto each plate and top with 2 cups of the salad. Top with sliced meat and 1/4 cup cucumber sauce.

Serving Size: Makes 4 servings. 3-4 ounces of pork per serving.