

# Grilled Pork Tenderloin with Maple Apple Sauce

## Ingredients

- 1 pork tenderloin (12–16 oz.)
- Cooking spray
- 1/4 cup maple syrup
- 1/4 cup apple cider vinegar
- 1 tsp. Dijon mustard
- 1/2 tsp. ground sage
- 1 medium apple, peeled, cored and finely chopped



## Preparation

1. Preheat grill.
2. Place pork on grill rack coated with cooking spray. Grill 20 minutes or until a thermometer reads 155°–160°, turning once. Let pork stand 10 minutes.
3. To prepare sauce, whisk maple syrup, vinegar, mustard, and sage in a medium saucepan. Add apples. Heat sauce over medium heat until heated.
4. Cut pork crosswise into 1/2 inch thick slices and divide onto four plates. Pour maple apple sauce over meat and serve immediately.

## Nutrition Facts

Yield 4 servings

Amount Per Serving

**Calories** 202

**Fat** 5.5g

Saturated Fat 1.5g

**Cholesterol** 65mg

**Sodium** 49mg

**Carbohydrate** 17g

Dietary Fiber .5g

**Protein** 20g

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