

Apricot Pork Tenderloin

Ingredients, serves 4

Prep: 5min |Cook: 10min |Total: 15min

- 1 1/2 cups chopped apricots
- 1/3 cup apricot preserves , low sugar
- 1 tablespoon hoisin sauce
- 1 tablespoon reduced-sodium soy sauce
- 1 pound pork tenderloin, cut into 1" pieces
- salt and ground black pepper
- 2 teaspoons olive oil
- cooked rice (optional)

Directions

1. STIR together the apricots, preserves, hoisin sauce, and soy sauce in a small bowl.
2. SEASON the pork with salt and pepper. Heat the oil in a large skillet over medium-high heat. Add the pork and cook, stirring, until lightly browned, about 5 minutes. Stir in the apricot mixture. Bring to a boil, reduce the heat to low, cover, and simmer for 10 minutes, or until the pork is cooked through and the sauce is thick. Serve over rice, if using.

Nutritional Facts, per serving

CALORIES	249.1 CAL
FAT	5.2 G
SATURATED FAT	1.1 G
CHOLESTEROL	73.8 MG
SODIUM	560.1 MG
CARBOHYDRATES	26.2 G
TOTAL SUGARS	18.3 G
DIETARY FIBER	1.5 G
PROTEIN	25.2 G