

Week Four

FIRE UP FOR FALL FITNESS



Maple-Chili Glazed Pork Medallions

Ingredients:

1 tsp	Chili powder	2 tsp	Canola oil
1/2 tsp	Salt	1/4 C	Apple cider
1/8 tsp	Ground Chipotle Pepper	1 Tbsp	Maple syrup
1 lb	Pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions	1 tsp	Cider Vinegar

Directions:

1. Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

Yield: 4 servings

Each serving provides:

Calories: 180	Total fat: 6 g
Saturated Fat: 2 g	Cholesterol: 74 mg
Carbohydrate: 6 g	Protein: 24 g
Fiber: 0 g	Sodium: 354 mg

Nutrition bonus:

Selenium: 47% dv	Zinc: 20% dv
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