

Pork Inspirations

pork Be inspired™

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Inspired Ideas for Dinner and Beyond

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Pork Tenderloin: Tender, Delicious and Good for You!

Enjoy Guilt-Free, Extra Lean Pork Tenderloin

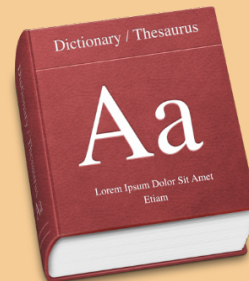
Great news for pork lovers: pork tenderloin was recently given a “thumbs up” from the American Heart Association (AHA) for being extra lean! Because pork tenderloin is now officially “heart healthy”, it can bear the American Heart Association’s Heart-Check mark. This symbol indicates that the pork tenderloin you already love is a heart-healthy food that you can feel good about serving to your family.

Look for the AHA “Extra Lean” Heart-Check mark on meat case signs and on-pack labels and in weekly ad circulars. It signals another reason to choose tender, delicious pork tenderloin: it’s good for your heart! Visit www.heartcheckmark.org for AHA’s Heart-Check nutrition guidelines.



Extra Lean

CERTIFIED by
American Heart Association
heartcheckmark.org



“Extra Lean”

Pork tenderloin qualifies as “extra lean” because it has less than 5g total fat, less than 2g saturated fat, and less than 95mg cholesterol per 3-ounce serving.

Now You’re Cooking!

Try this easy, delicious recipe for heart-healthy pork tenderloin!

Apricot-Mustard Grilled Pork Tenderloin

Times:

5 minutes prep
15 minutes cook

Ingredients:

1 pork tenderloin (about 1 lb.)
3 tablespoons apricot preserves
1/4 cup mustard

Cooking Directions:

Season tenderloin with salt and pepper. Stir together the preserves and mustard in a small bowl. Place pork over a medium-hot fire and grill for about 15 minutes or until internal temperature reaches 145°F, followed by a 3-minute rest time. Brush with mustard mixture in the last few minutes of grilling. Serves 4.

Nutrition:

Calories: 213
Protein: 25 grams
Fat: 6 grams
Sodium: 221 milligrams
Cholesterol: 78 milligrams
Saturated Fat: 2 gram
Carbohydrates: 11 grams
Fiber: 1 gram



Cook pork to 145°F, followed by a 3-minute rest time, for tender, juicy results.

