



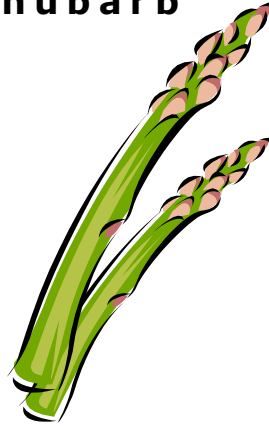
Pork Tenderloin with Rhubarb Chutney

For the tenderloin:

- 1 cup thinly sliced onion
- 1/3 cup water
- 3 Tbsp red wine vinegar
- 2 Tbsp olive or vegetable oil
- 2 garlic cloves, crushed
- 2 lbs pork tenderloin
- 1/4 tsp black pepper
- 1/8 tsp salt

For the chutney:

- 2 Tbsp olive or vegetable oil
- 1 medium onion, finely chopped
- 1 lb rhubarb, cut into 1/2-inch pieces
- 1/2 cup raisins
- 1/4 cup packed light-brown sugar
- 1 Tbsp peeled and minced fresh ginger
- 1 cinnamon stick
- 1 Tbsp sherry vinegar



1. Combine the sliced onion, water, red wine vinegar, 2 Tbsp oil, and garlic cloves in a zip-top bag. Add pork to bag. Seal and marinate in refrigerator for 8 hrs. Remove pork for bag, discard marinade.
2. Preheat oven to 425 F.
3. Sprinkle pork with salt and pepper. Bake for 20 minutes or until a meat thermometer reads 160, turning pork occasionally.
4. While pork is cooking, heat 2 Tbsp oil in saucepan over medium heat. Add chopped onion and cook until softened, 5-6 min.
5. Add rhubarb, raisins, sugar, ginger, and cinnamon to saucepan. Cook over medium heat, stirring occasionally, until rhubarb begins to break down, 6-8 min. Remove cinnamon and stir in vinegar.
6. When pork is done, into 1/4-inch thick slices. Serve with chutney.

Makes: 8 servings

Nutrition Information: CALORIES 260 (35% from fat); FAT 11g (sat 2g); CHOLESTEROL 55mg; SODIUM 310mg; CARBOHYDRATE 18g; FIBER 2g; PROTEIN 24g; CALCIUM 8%; IRON 8%

Asparagus & Radish Salad

- 1 bunch of asparagus about 1 lb), trimmed
- 2 Tbsp white vinegar
- 1 Tbsp reduced-sodium soy sauce
- 2 tsp canola or vegetable oil
- 1/2 tsp fresh ginger, grated
- 1 bunch radishes, trimmed and cut into wedges
- 2 Tbsp finely chopped scallion
- 2-3 dashes red chili sauce (optional)

1. Fill a medium bowl with ice water. Set aside.
2. In a large saucepan fitted with a steamer basket, bring 1 inch of water to boil.
3. Thinly slice asparagus stalks on the diagonal, leaving tips whole. Place in steamer basket. Steam until tender-crisp, about 1 minute. Transfer asparagus to ice water. Drain.
4. Combine vinegar, soy sauce, oil, ginger, and chili sauce (if using) in a large bowl. Add the asparagus, radishes, and scallion. Toss to combine. Serve warm or room temperature.

Makes: 4 servings

Nutrition Information:

CALORIES 50 (40% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 140mg; CARBOHYDRATE 6g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 15%

