

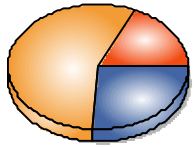


Orange Pork Loin w/Orange-Spinach Salad and Asparagus

By: Created by DrJez LLC

Recipe grams: 1825.05g/64.4oz

Serves 4 456.26g/16.1oz per serving



Protein: 34%
Carbohydrates: 42%
Fat: 25%

INGREDIENTS

1 lb PORK TENDERLOIN, RAW, SLO
1/3 cup ORANGE JUICE, ORIGINAL
2 tbsp ORANGE PEEL, RAW
1 cup Yogurt Cheese
2 tbsp HALF & HALF, NONFAT
1 tsp LEMON JUICE
2 tbsp TARRAGON, DRIED
4 fruits ORANGE, CALIFORNIA, RAW
20 rings ONION, RAW
1 lb ASPARAGUS, RAW
1 tsp PAPRIKA, GROUND
1 spray COOKING OIL SPRAY, OLIVE OIL
1 tsp PEPPER, RED OR CAYENNE
2 cups SPINACH, RAW
1 oz ALMONDS, SLICED
1 tbsp FLAXSEED OIL

DIRECTIONS

Ahead of time, prepare yogurt cheese. (See web site)

Preheat oven to 325 degrees. Lay pork tenderloin on a rack coated with cooking spray. Lightly spray with olive oil spray and rub 1 Tb sp of frozen orange juice concentrate into meat. Sprinkle with finely ground orange peel and tarragon. Place in oven and roast for 25-25 minutes, or until just pink inside and meat thermometer reads 155 degrees

Meanwhile, combine yogurt cheese with half and half and lemon juice. Whisk in remaining orange juice concentrate, orange peel, flax oil and tarragon.

Peel oranges and divide into sections, removing as much white as possible. Lay a bed of spinach on each plate and lay out sections in an appealing arrangement. Spray lightly with olive oil spray and scatter red onion slices. Sprinkle lightly almonds followed by a pinch of salt and fresh ground pepper followed by paprika and a hint of cayenne pepper.

When pork is done, remove from oven and allow to sit for a minute. Meanwhile, cut tough-fiber ends from the asparagus and place in a microwave-safe dish with 1 tsp of water. Cover and steam on high for about 2 minutes or until bright green and tender.

While asparagus is steaming, bias-cut tenderloin into disks, to divide into four servings. Place on the plates in an appealing arrangement.

Divide asparagus among the plates.

VERY lightly, warm the yogurt sauce. (Do not overheat..it will break) Whisk until smooth and pour over asparagus and pork. Dust lightly with paprika.

Enjoy!

Nutrition Facts

Serving Size: 1 serving (456.3g)
Servings: 1

Amount Per Serving

Calories 410 Calories from Fat 100

% Daily Value*

Total Fat 11g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 125mg **6%**

Total Carbohydrate 43g **15%**

Dietary Fiber 8g **30%**

Sugars 25g

Protein 35g

Vitamin A 60% • Vitamin C 210%

Calcium 30% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.