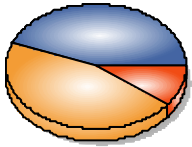




Pork Medallions with Blackberry Sauce, Mashed Sweet Potatoes and Asparagus

Recipe grams: 1476.97g/52.1oz
 Serves 4 369.24g/13.0oz per serving
 Prep time: 20 min. Cook time: 30 min.



Protein: 44%
Carbohydrates: 45%
Fat: 11%

INGREDIENTS

1 roast PORK LOIN, TENDERLOIN, RAW
 1 sweetpotato SWEET POTATO, RAW, 5" LONG
 1/2 small-head CAULIFLOWER, RAW, 10 CM DIA
 3 tbsp HONEY, STRAINED OR EXTRACTED
 1/4 cup HALF AND HALF FAT FREE
 1/4 cup SHALLOT, RAW, CHOPPED
 1 tbsp GINGER ROOT, RAW
 1/2 cup ORANGE JUICE, CHILLED, FROM CONCENTRATE
 2 cup BLACKBERRY, RAW
 2 tbsp VINEGAR, BALSAMIC
 1 tbsp THYME, FRESH
 1/2 cup BEEF STOCK, HP
 2 tsp SAGE, GROUND

DIRECTIONS

Blackberry Sauce:

Chop shallots to fine chop. Grate the ginger root.
 Bring 1 Tbsp Honey to boil in a medium saucepan. When thick and bubbling, add the shallots and ginger. Cook until the shallots soften and begin to brown. Add 1/2 cup orange juice in small portions. Stir in the blackberries, vinegar, sage and thyme and simmer while stirring until the blackberries release their juices.
 Pour the sauce through a fine strainer and press the juice through with the back of a spoon or puree press.
 Set aside.

Mashed Sweet Potato and Cauliflower

Peel and cut the sweet potato into small cubes. Cut the cauliflower flowerettes in similar size pieces. Place in a large bowl, cover with plastic wrap and steam in a microwave until just soft. Pour the softened pieces into a food processor. Add the Half and half and 2 Tbsp honey. Process until smooth. Or use a potato masher.

Pork Medallions

Heat the oven to 375 degrees.
 Cut the pork loin into 8 equal sliced medallions. Season with salt and pepper and sprinkle with sage and thyme. Heat a cooking pan coated with cooking spray. Brown the medallions on both sides. When browned, place on a grill rack and heat in the pre-heated oven for about 5-6 minutes.

While the medallions are cooking, mix 1 Tbsp of corn starch in 1/4 cup broth. Stir into the blackberry sauce and bring to a boil stirring constantly until thickened. Steam the asparagus in a microwave safe dish covered with plastic wrap.

Serve 2 medallions, 1 cup of potato mixture and asparagus on a plate. Drizzle blackberry sauce over the medallions and asparagus. Serve.

Nutrition Facts

Serving Size: 1 serving (369.2g)
 Servings: 1

Amount Per Serving		
Calories	310	Calories from Fat 30
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	65mg	21%
Sodium	450mg	19%
Total Carbohydrate	39g	13%
Dietary Fiber	6g	24%
Sugars	23g	
Protein	32g	

Vitamin A 100% • Vitamin C 70%
 Calcium 6% • Iron 15%

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