



PORK TENDERLOIN WITH WARM FRUIT SALSA



Ingredients

- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 1 1-pound pork tenderloin, all visible fat discarded
- 1 tsp canola/corn oil & 1 tsp canola/corn oil, divided use
- 1/2 medium red bell pepper, finely chopped
- 1/4 cup red onion, finely chopped
- 1 medium Fresh jalapeño, seeds and ribs discarded, finely chopped
- 1 8-oz can of pineapple tidbits in juice, drained
- 1/4 cup golden raisins
- 2 tablespoons chopped cilantro

Instructions

1. In a small bowl, stir together the curry powder, cumin, allspice, and salt. Sprinkle the mixture all over the pork. Using your fingertips, gently press the mixture so it adheres to the pork. Let stand for 15 minutes.
2. Meanwhile, preheat the oven to 425°F.
3. In a large nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Brown the pork for about 1 minute on each side, 4 to 5 minutes total. Transfer to an 11 x 7 x 2-inch glass baking dish.
4. Roast for about 15 minutes, or until the pork registers 145°F on an instant-read thermometer. Transfer to a cutting board. Let stand for 3 minutes. Cut crosswise into slices, saving the juices.
5. While the pork stands, wipe the skillet with a damp paper towel. Heat the remaining 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the bell pepper, onion, and jalapeño for 2 to 3 minutes, or until tender-crisp, stirring frequently. Stir in the pineapple, raisins, and cilantro. Cook for 1 minute, or until thoroughly heated. Remove from the heat.
6. Just before serving, drizzle the pork with the reserved pan juices. Serve the fruit salsa on the side.

Serves 4; 3 ounces pork and 1/2 cup salsa per serving



HONEY AND SPICE PEARS



Ingredients

- 1 cup light cranberry juice cocktail
- 1/2 to 3/4 teaspoon ground cinnamon
- 1/8 to 1/4 teaspoon ground allspice
- 4 small, firm pears (about 6 ounces each), peeled, halved, and cored
- 2 tablespoons sweetened dried cherries or sweetened dried cranberries
- 1 tablespoon plus 1 1/2 teaspoons honey

Instructions

1. In a large nonstick skillet, stir together the cranberry juice, cinnamon, and allspice. Add the pears and cherries. Bring to a boil over medium-high heat. Cook, covered, for 5 minutes, or until the pears are just tender-crisp. Transfer the pears with the cut side down to a serving plate, leaving the liquid in the skillet.
2. Cook the liquid, still on medium high, for 2 1/2 to 3 minutes, or until reduced to a scant 1/4 cup, stirring frequently. Remove from the heat. Stir in the honey. Spoon over the pears. Let cool completely, about 20 minutes. Turn the pears several times to coat with the sauce or transfer them to plates and spoon the sauce on top.

Serves 4; 2 pear halves and 1 heaping tablespoon sauce per serving