



## PORK CUTLETS WITH BUTTERNUT SQUASH, APPLE, AND CRANBERRY SAUTÉ

### Ingredients



- 3 cups precut peeled butternut squash
- 1 cup dried cranberries
- 1 (1-pound) pork tenderloin, trimmed and cut into 12 thin medallions
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil, divided
- 1 cup unsalted chicken stock
- 1 tablespoon unsalted butter
- 1 cup chopped onion
- 1 cup chopped peeled Granny Smith apple
- 2 teaspoons sugar
- 1/4 teaspoon ground red pepper
- 2 tablespoons chopped fresh parsley

### Instructions

1. Place squash and cranberries in a microwave-safe dish. Add water to a depth of 1/4 inch; cover with plastic wrap. Microwave at HIGH 7 minutes; drain.
2. While squash cooks, heat a nonstick skillet over medium-high heat. Sprinkle pork with 1/2 teaspoon salt and black pepper. Place flour in a shallow dish; dredge pork in flour. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add half of pork; cook 2 minutes per side. Transfer cooked pork to a platter. Repeat with remaining oil and pork.
3. Add chicken stock to pan; cook until liquid is reduced by half, stirring occasionally.
4. Melt butter in a skillet over medium-high heat. Add onion, apple, sugar, and red pepper to pan, and toss to coat; sauté 4 minutes. Add squash, cranberries, and remaining 1/4 teaspoon salt; toss and remove from heat. Pour pan sauce over pork, and serve with squash mixture; garnish with chopped parsley.

Serves 4    379 Calories    461 mg Sodium



## SQUASH CHEESECAKE BARS

### Ingredients



- 9 low-fat graham crackers, (4 1/2 ounces)
- 1/2 cup old-fashioned rolled oats, (not quick-cooking or steel-cut)
- 2 tablespoons plus 1/2 cup sugar, divided
- 1/4 cup plus 3 tablespoons all-purpose flour, divided
- 2 tablespoons unsalted butter
- 3 tablespoons nonfat milk
- 8 ounces nonfat cream cheese, at room temperature
- 8 ounces reduced-fat cream cheese, (Neufchâtel), at room temperature
- 1/2 cup squash puree
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt

### Instructions

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray
2. Process graham crackers, oats, 2 tablespoons sugar, 1/4 cup flour and butter in a food processor until finely ground. Add milk; pulse until completely moistened.
3. Transfer the graham cracker mixture to the prepared pan and evenly pat into the bottom. Bake for 10 minutes. Cool on a wire rack for 20 minutes.
4. Meanwhile, reduce oven temperature to 325°. Beat both cream cheeses and the remaining 1/2 cup sugar in a large bowl with an electric mixer at medium speed until creamy, scraping down the sides occasionally. Beat in squash puree until smooth. Beat in eggs one at a time. Finally, beat in vanilla, cinnamon, salt and the remaining 3 tablespoons flour. Scrape the filling into the pan, spreading evenly over the crust.
5. Bake until set and the edges are light brown, about 35 minutes. Let cool completely on a wire rack, then refrigerate for at least 1 hour before cutting into bars.

Serves 4    146 Calories    209 mg Sodium