



wednesday

## MAPLE CHILI PORK MEDALLIONS

1 teaspoon chili powder  
½ teaspoon salt  
⅛ teaspoon ground chipotle pepper  
1 pound pork tenderloin, trimmed and cut crosswise  
into 1-inch-thick medallions  
2 teaspoons canola oil  
¼ cup apple cider  
1 tablespoon maple syrup  
1 teaspoon cider vinegar

Mix chili powder, salt and ground chipotle in a small bowl.  
Sprinkle over both sides of pork.

Heat oil in a large skillet over medium-high heat. Add the pork  
and cook until golden, 1 to 2 minutes per side. Add cider, syrup  
and vinegar to the pan. Bring to a boil, scraping up any browned  
bits. Reduce the heat to medium and cook, turning the pork  
occasionally to coat, until the sauce is reduced  
to thick glaze, 1 to 3 minutes.

Serve the pork drizzled with the glaze.

Serves 4  
Active Time: 20m  
Total Time: 20m

## NUTRITION FACTS

Amount per serving:  
Calories: 172  
Total Fat: 9g  
Saturated Fat: 2g  
Monounsaturated Fat: 3g  
Cholesterol: 186mg  
Sodium: 366mg  
Carbohydrates: 15g  
Dietary Fiber: 4g  
Total Sugars: 7g  
Added Sugars: 1g  
Protein: 11g  
Potassium: 235mg