

Spicy Apricot-Glazed Pork with Sweet Potatoes and Peppers

This Recipe Serves 4

Ingredients

Pork

1 pound pork tenderloin
¼ teaspoon ground black pepper
½ teaspoon garlic powder

Apricot Glaze

½ cup sugar-free apricot preserves
¼ teaspoon crushed red pepper
¼ teaspoon oregano

Vegetables

1 large sweet potato, cubed
1 large green bell pepper, cut into 1-inch strips



Instructions

1. Preheat the oven to 350 degrees F. Season the pork with black pepper and garlic powder. Place the pork in a baking dish.
2. In a small bowl, mix together the apricot glaze ingredients. Microwave the glaze for 1-2 minutes, until the mixture gets thin and easy to stir. Pour the glaze over pork tenderloin and coat it evenly.
3. Spread the sweet potatoes and green peppers around the pork. Bake for 30 minutes or until the pork is done. (When it reaches an internal temperature of 145 degrees F).

Nutrition Information: (Per Serving)

4 Servings:

190 calories
3 g fat
17 g carbohydrate
23 g protein

Recipe from:

<http://www.diabetes.org/mfa-recipes/recipes/2014-07-08-spicy-apricot-glazed-pork.html>