

Peachy BBQ Pork (makes 2 Servings)

Pork and fruit get along great, and this sweet 'n savory pack is a perfect example. Grab your favorite BBQ sauce, and get to it...

Prep: 15 minutes

Cook: 30 minutes

Ingredients:

1/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving
1 tbsp. sweet Asian chili sauce
1 tsp. cornstarch
1/2 tsp. chopped garlic
Dash cayenne pepper
8 oz. raw pork tenderloin, trimmed of excess fat, sliced into 1-inch-thick pieces
1/8 tsp. pepper
1 cup peaches cut into 1-inch chunks (fresh or thawed from frozen)
1/2 cup onion cut into 1-inch chunks



Directions:

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a large bowl, combine BBQ sauce, chili sauce, cornstarch, garlic, and cayenne pepper. Mix thoroughly. Season sliced pork with pepper, and add to the bowl. Add peaches and onion, and stir to coat.

Distribute mixture onto the center of the foil. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 30 minutes, or until pork is cooked through and onion is soft.

Cut packet to release steam before opening entirely.

MAKES 2 SERVINGS

Nutrition Information: (Per serving) 1/2 of recipe (about 1 cup):

240 calories

3g fat

28g carbohydrate

25g protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/show/foil-pack-recipes-peachy-bbq-pork-apple-pear-crumble>