

APRIL 2007 RECIPES FOR SPRING DINNER

Pork Tenderloin

I marinate the tenderloins for at least 2 hours in a zip-lock bag and longer is even better. Any favorite marinade will do as pork is very versatile and I usually use soy sauce, dehydrated onions, sweet herbs, wine or other liquids and a fruit flavor such as raspberry jam. This I microwave to blend the flavors then add the meat. I refrigerate this but try to bring it to room temp. before cooking. The tenderloins are usually small and cook on a rack in a roasting pan for about 45min. at 375. It is easy to overcook this so be careful and test with meat thermometer before the time is up. Let meat sit to slightly cool and slice (I like thin slices.) Top with any cooked marinade that has collected in the bottom of roasting pan. (I line pan with foil and pour marinade over meat before cooking. It does not touch meat because of the rack.)*

Low-fat Curried Fruit

Any favorite sugar-free canned fruit such as pears, apples, peaches, apricots, etc.

*3 large (29oz.) cans of fruit
1 10 oz. jar maraschino cherries
3/4cup light brown sugar (Splenda)
4 teas. curry powder or less to taste
1/3 cup butter melted (sub. Low-fat)*

Drain fruit and arrange in baking dish. Dot with cherries. Mix brown sugar and curry powder with butter. Spoon over fruit and bake at 350 for one hour. 10servings.*

*Whole wheat no yolk wide noodles, cooked.
No-Pudge Fat free Brownies prepared with vanilla yogurt.*