

Pork Tenderloin Stuffed with Apples and Cheese



This blend of flavours will delight your taste buds. For all sweet and sour lovers, this recipe is perfect! Accompany your pork tenderloin slices with brown rice and a garden salad with our citrus vinaigrette for a complete and successful meal!

Preparation 15 min

Cooking 25 min

Servings 8

Nutrition Facts (per serving)

Calories 160

Fat 2

Carbohydrates 6

Fibre 1

Protein 30

Sodium 40

Ingredients

- 2 pork tenderloins, 450 g (1 lb) each
- 2 apples (Granny Smith or Honeycrisp), diced
- 125 ml (½ cup) light Swiss cheese (20% M.F. or less), grated
- 30 ml (2 tbsp) Dijon mustard
- 1 clove garlic, finely chopped

- Pepper, to taste
- Fresh dill sprigs, to serve (*optional*)

Preparation

1. Preheat oven to 375°F (190°C).
2. Trim pork tenderloins by removing the white membrane, then cut in half lengthwise, without slicing completely. Open tenderloins in a wallet shape. Set aside on a baking sheet covered with parchment paper.
3. In a large bowl, combine apple cubes with cheese, mustard, garlic and chopped dill. Season with pepper to taste.
4. Spread apple and cheese mixture inside fillets. Close and squeeze well with your hands so that the mixture stays inside.
5. Bake for 25 minutes. Let stand 5 minutes before slicing into medallions.
6. Garnish with fresh dill sprigs before serving, if desired.

Notes

Can be kept for 4 days in the refrigerator. Can be frozen for up to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordinatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City