



Let's cook something delish!

Spicy Apricot Glazed Pork with Sweet Potatoes and Peppers

Serving Size: 3 oz. pork and $\frac{2}{3}$ cup vegetable mixture
4 servings

Ingredients

- 1 lb pork tenderloin
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ cup sugar free apricot preserves
- $\frac{1}{4}$ tsp crushed red pepper flakes
- $\frac{1}{4}$ tsp dried oregano
- 1 large sweet potato (peeled and cubed)
- 1 large green bell pepper (cut into 1 in strips)

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Directions

- 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 preserves, red pepper flakes and oregano. 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).

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Nutrition facts: Calories: 190, Total fat: 3 g, Saturated fat: 1 g, Cholesterol: 60 mg, Sodium: 60 mg, Total Carbohydrate: 17 g, Fiber: 6 g, Total Sugars: 5 g, Protein: 23 g

Source: Spicy Apricot-Glazed Pork with Sweet Potatoes and Peppers (diabetesfoodhub.org)