

## **CranApple Pork Tenderloins**

1 cup cranberries, fresh  
1 cup cooking apples, coarsely chopped and peeled  
2/3 cup Splenda®  
1/2 cup water  
1/4 cup onion, chopped  
1 tablespoon fresh ginger, minced and peeled  
1 teaspoon curry powder  
1/8 teaspoon ground red pepper  
2 (3/4-pound) pork tenderloins  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
cooking spray

Preheat oven to 350°. Combine the first 8 ingredients in a small saucepan and bring to a boil. Reduce heat, cover and simmer for 20 minutes. Uncover and simmer for 2 minutes or until thick. Cool 10 minutes. Place mixture in a blender or food processor and process until smooth. Trim fat from pork and sprinkle with salt and pepper. Divide cranberry mixture in half. Brush pork with half of the cranberry mixture.

Place pork on a broiler pan coated with cooking spray. Bake at 350° for 30 minutes or until thermometer registers 160°. (Slightly pink). Serve pork with remaining cranberry sauce. Makes 6 servings.

Nutrition information per serving: 243 calories; 24 grams protein; 3 grams fat, 30 grams carbohydrate; 164 mg sodium.